

AMANDA
KUPILLAS
DANCE

ADULT FALL SCHEDULE

DON'T SEE THE CLASS WHAT YOU WANT?
IF YOU HAVE A GROUP WE CAN CREATE A CLASS! EMAIL US FOR MORE DETAILS.

14 weeks
Begins Sept. 8th
Ends Dec. 19th
Drop-in \$30
Prepay for Fall Packages by Sept. 13

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><u>Stretch, Strengthen & Roll</u> Foam rolling to improve flexibility, build muscle, and relieve muscle tension through myofascial release 8:30-9:15am w/ Amanda</p> <p><u>Latin/Hip Hop Fusion</u> Footwork, connection, and music that empowers you every week. 8:45-9:45am w/ Brianna</p>	<p><u>Beg. Ballet</u> Build strength, improve posture in a supportive fun class 8:30-9:30am w/ Amanda</p>	<p><u>Strength & Conditioning</u> Build power and stability with bands, weights, and stretch. 8:30-9:15am w/ Amanda</p> <p><u>Pilates</u> A classic Pilates practice designed to challenge and restore 9:30-10:30am w/ Maya</p>	<p><u>Latin/Hip Hop Fusion</u> Footwork, connection, and music that empowers you every week. 8:30-9:30am W/ Brianna</p> <p><u>Core & Restore</u> Lift, roll, and build posture with kinesiologist guidance. 9:30-10:15am w/ Sandra (starts 10/9)</p>	<p><u>Grateful Pilates</u> Explore fascia, muscles, and breath to unlock your body's fluidity & strength. 8:30-9:30am w/ Maxine</p>	<p><u>Gentle Yoga</u> Yoga for postpartum, recovery, and new phases of life. 9:00-10:00am w/ Sofia</p> <p><u>Afro Beats</u> West African rhythms meet contemporary moves for a full-body workout 10:00-11:00am w/ Kailah</p>
		<p><u>Adult Jazz</u> Fun choreography set to today's hits 12:30-1:30pm w/ Garth</p>			
			<p><u>Strength & Conditioning</u> Cardio, toning, and core training with modifications for all. 6:30-7:15pm w/ Nicole</p>		