



Just Dance & Fitness Studio

Weekly schedule

GET YOUR FIT TOGETHER

UPDATED 10/3/20

Just Dance & Fitness Studio
1060 E. Industrial Dr. Ste T
Orange City, FL. 32763

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 am STRONG Nation™	6:15 pm 360 Body Burn Conditioning	5:30 am Step n' Sculpt	6:00 pm STRONG 30™	5:30 am Barre above®	8:30 am STRONG 30™
	6:00 pm Barre above®	7:00 pm Zumba®	6:00 pm 360 BB Tribe Check-In	6:30 pm Barre above®	360 BB Tribe Personal Coaching by Appointment	9:00 am Zumba®
2:00 pm Just Dance For HIM (Select Sundays)	7:00 pm Zumba®		6:30 pm Zumba® Toning	7:30 PM Orlando's DanceFit		10:00 am Yoga By Appointment
	8:00 pm 360 BB Tribe Challenge		7:30 pm Zumba®			

CLASS and MEMBERSHIP PRICING (No Contracts)

Walk-In Class (Fitness & Dance) \$5
360 Body Burn Auto Deduct \$75

Monthly \$40
Monthly Auto Dduct \$35

#fitvision2020

Zumba® Fitness Jennie, Tracy, Marline
Cardio Dance Party
Salsa, Merengue House
No Training Needed

Barre above® Jennie
Pilates, Yoga, and dance inspired
No Dance Training Needed
Bring: Water, Towel, and mat

Orlando DanceFit's Hip Hop.
Dance Series of Hip Hop. Consists
of choreo break down & foundation
4 week Class

Zumba® Toning Jennie & Tracy
Cardio Dance Party with weights
No Training Needed
Toning weights 1 lb to 2.5 lbs

360 Body Burn Tribe



Step n'Sculpt Jennie
Step Aerobics Class That Combines
Cardio and Strength Training Intervals
Bring Water and Towel

STRONG Nation™ Jennie & Tracy
High Intensity Interval Training
*What to bring- water towel,
yoga mat

Just Dance For Him
Christian Dance Fitness Class
Enjoy Dancing to hit Christian music
Everyone welcome/ By Donation Only

360 Body Burn Conditioning Tracy
Total Body Conditioning
Targets legs, Glutes, Arms, and Core
No Training needed