

# JAMMIN' DANCE & FITNESS CENTER SCHEDULE 2022

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 -10:00 <b>ZUMBA</b> Anytime Fitness Class	9:00 -10:00 <b>ZUMBA</b> <b>All Levels</b> Class Includes Toning		9:00 -10:00 <b>ZUMBA</b> <b>All Levels</b> Class Includes Toning		9:00 -10:00 <b>ZUMBA</b> <b>All Levels</b> Class Includes Toning	9:00 -10:00 <b>ZUMBA</b> Anytime Fitness Class
	11-11:45 <b>ZUMBA CHAIR</b> SPECIALTY CLASS Senior Friendly	10:30-11:30 All Inclusive Adults Creative Dance & Zumba	10:30-11:30 <b>ZUMBA GOLD</b> Anytime Fitness Class			
	3:30 - 4:00 pm <b>Youth Tap</b> Private	3:00 - 5:00 pm <b>Youth Scottish</b> <b>Country</b> Start Date TBA			NEW!! Email for more info! 2:00-3:00 <b>Ballet-Tap-Jazz</b> Youth 5-7 yrs	
	4:30 - 5:00 <b>Creative Dance</b> Youth 3-5 yrs FULL - WAIT LIST			6:00 - 7:00 <b>Youth Belly</b> <b>Dance</b> Ages: 7 - 15		Tea Parties And other themed parties coming!!! <b>Dates TBA</b>
	5:30 -6:30 <b>ZUMBA</b> Anytime Fitness Class	5:30 -6:30 <b>ZUMBA</b> Anytime Fitness Class	5:00 -6:00 <b>ZUMBA</b> <b>All Levels</b> Class Includes Toning	7:00 - 8:00 <b>Adult Belly</b> <b>Dance</b> <b>By Vahana</b>		Celebrate Birthday Parties Here!Contact us for more information!
	7:00- 8:00 pm <b>Private class</b>	7:00 - 8:00 <b>Adult Belly</b> <b>Dance</b> By Vahana	6:00 - 7:00 <b>Adult Tap II</b> By Kay Ages:Teen - Adult	8:00 - 9:00 <b>Belly Dance</b> <b>Troupe</b> "Jewels of the North"		Need a P.A., D.J. or Live Music? We book weddings, parties, events, and more...

**PLEASE NOTE:**

Our schedule has been adapted to comply with social distancing requirements. Some classes are on hold and will Resume , once they can accommodate students in a safe environment. Please contact the studio, for more information and additional Instructions that may be required before joining and/or returning to our studio. Thank You!!