

# Jammin' Dance & Fitness Schedule • Spring 2017

6090 Enterprise, Suite A • Diamond Springs, CA

Website: [Jammindance.com](http://Jammindance.com) • Email: [dance@jammindance.com](mailto:dance@jammindance.com)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00 AM	9:00-10:00 <b>Zumba at Town Hall</b> All Levels by Kay	10:30- 11:30 Adapted Class! <b>You CAN Dance!</b> Adapted Class for <b>Adults</b> by Kay	9:00-10:00 <b>Zumba at Town Hall</b> All Levels by Kay	9:30- 10:15 Adapted Class! <b>You CAN Dance!</b> Adapted Class for <b>Adults</b> by Kay	9:00-10:00 <b>Zumba at Town Hall</b>  <b>NOTE: This Class is not held at studio. Email studio for more info</b>	8:30 - 9:30 <b>Zumba</b> All Levels by Neda	
9:00 AM	<b>NOTE: This Class is not held at studio. Email studio for more info</b>		<b>NOTE: This Class is not held at studio. Email studio for more info</b>		10:30 - 12:00 <b>Creative Kids</b> by Kay Dance, Art Tumbling, & Social - FUN!! Note: <i>This class has a waiting list...</i>	-	
10:00 AM		2:30 - 4:15 <b>Scottish Country Dance for Children</b> by Patsy Corrigan				9:30 - 11:00 <b>NEW!!!</b> <b>New Freedom Choir</b>	
10:30 AM							
3:00 PM	3:30 - 4:30 <b>Beginning Lyrical</b> Ages 6-12 by Alex  4:30 - 5:30 <b>Intermediate Lyrical</b> for Teens, 13-up by Alex	New! 4:15 - 5:00 <b>Beginning Tap</b> Youth - Ages 7-up by Kay		4:30- 5:00 <b>Inter. Tap</b> Youth - Ages 6 - 10 by Kay	3:30 - 4:30 <b>Beginning Hip Hop</b> Youth-Ages 6-10 by Alex	<b>Held on Saturdays twice a month...</b> <b>F U S I O N D A N C E</b> <b>At ..... Jammin' Damce!!</b>	
3:30 PM							
4:00 PM			5:00-5:30 <b>Beg. Tap</b> Youth - Ages 4-6 by Kay Note: <i>This class has a waiting list...</i>		5:00-5:30 <b>Creative Dance</b> Youth - Ages 3- 5 by Kay Note: <i>This class has a waiting list...</i>		4:30 - 5:30 <b>Hip Hop</b> for Teens ,13-up by Alex
4:30 PM				New! 5:00-5:30 <b>Creative Dance</b> Youth - Ages 3- 5 by Kay			
5:00 PM		5:30-6:00 <b>ZUMBA Kids &amp; Parents!</b> 5 up ~ by Kay		New! 5:30-6:00 <b>ZUMBA Kids &amp; Parents!</b> 5 up ~ by Kay	<b>NEW!!</b> 5:30 - 6:30 <b>Hip Hop</b> for Adults by Alex		
5:30 PM	<i>New Time!!</i>  5:30 - 6:30 <b>Zumba with Toning</b> All Levels by Kay		5:30-6:30 <b>Zumba with Toning</b> All Levels by Kay		please contact for start date: <a href="mailto:alexgio555@yahoo.com">alexgio555@yahoo.com</a>		
6:00 PM		6:00 - 6:45 <b>Inter/Adv Teen Tap</b> by Kay		6:00-7:00 "Jewelles" <b>Belly Dance</b> Youth Ages 7-15 by Vahana			
6:30 PM					7:00-9:00 <b>SWING DANCE</b> Teen/Adults  by The Trainors		
7:00 PM		6:30-7:30 <b>Belly Dance for Beginners</b> all levels welcome! Teen / Adults by Vahana	6:30 - 7:30 <b>Inter. Tap Teen/Adults</b> by Kay	7:00-8:00 <b>Belly Dance</b> Teen / Adults by Vahana			
7:30 PM					please email before class  <a href="mailto:placerville.swing@comcast.net">placerville.swing@comcast.net</a>		
8:00 PM				8:00-9:00 <b>Jewels of the North</b> <b>Belly Dance Troupe</b> by Vahana			
8:30 PM		7:30-8:30 <b>Zumba</b> All Levels by Neda				<b>We host: Birthday Parties, Tea Parties, Private Parties and more.....</b>	

**DANCE & ZUMBA INSTRUCTORS** ~ Please email studio or instructor to let us know you are coming!

Dance, Creative Kids & Zumba classes: Kay Lenhart • [dance@jammindance.com](mailto:dance@jammindance.com)

Swing Dance classes: Dan and Sheryl Trainor • [placerville.swing@comcast.net](mailto:placerville.swing@comcast.net)

Belly Dance: Valerie Baker aka, Vahana • [dancingesquire@yahoo.com](mailto:dancingesquire@yahoo.com)

Lyrical & Hip Hop classes: Alex G. • [alexgio555@yahoo.com](mailto:alexgio555@yahoo.com)

Dance class Prices: 1 hr - \$47 per month / 45 min - \$42 per month / 30 min - \$37 per month

Zumba/Prices: \$30 per month (1 class per week) • \$45 per month (2 classes per week) • \$60 per month (Unlimited Zumba)  
Zumba Kids: \$25 per month (\$10 per added family) • Creative Kids: \$60 per month • Swing Classes: \$10 per couple Drop-In