



Just Dance & Fitness Studio

Weekly Schedule Effective 3/1/19

GET YOUR FIT TOGETHER

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

Check our website for weekly updates and changes: justdance4fitness.com or like us on Facebook

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30 am Yoga Slow Flow	5:30 am STRONG by Zumba®	7:00 pm Zumba® with Naomi	5:30 am STRONG by Zumba®	6:15 pm Barre above®	10:00 am Zumba® Gold	8:00 am STRONG by Zumba®
1:00 pm Cardio Boxing and Conditioning	10:00 am Zumba® Gold		6:30 pm Zumba® Toning	7:00 pm STRONG by Zumba®	5:30 am Barre above®	9:00 am Zumba®
	6:15 pm Barre above®		7:30 pm Zumba®			10:00 am Zumba® Gold
	7:00 pm Zumba®					
	8:00 pm DanceFit					



Class Prices:

Walk-in Class: Fitness and Dance \$5
 Yoga \$5

Memberships (no-contracts):

Monthly \$40
 Monthly Auto-Deduct \$35
 360 Body Burn Auto-Deduct \$75

Zumba® Fitness Jennie, Tracy, Naomi

- *Cardio Dance Party
- *No training needed
- *Salsa, Merengue, House

Barre above® Jennie 45 min

- *Pilates, Yoga, and Dance Inspired
- *No Dance Training Needed
- *What you will need: water, towel, Yoga mat

Zumba® Gold Jennie & Tracy

- *Low impact version of Zumba®
- *Focuses on Balance and Coordination
- *What you will need: Water and Towel

STRONG by Zumba® Jennie & Tracy

- *High Intensity Interval Training
- *What to bring: water, towel, yoga mat

Cardio Boxing Conditioning with Jeff 60 min

- *Targets Your Abs Arms & Glutes
- *Total Body Conditioning . Increase Stamina and Strength
- *Complete Cardiovascular and Edurance workout
- What you will need: Water, Towel, Boxing Gloves

Yoga Slow Flow Cayla

- *Slow Yoga Movements
- *Beginner to intermediate level
- *Relaxation and Stretching
- *What to bring: Water Towel, Yoga Mat

Zumba® Toning Jennie & Tracy

- *Cardio Dance Party
- *No training needed
- *Salsa Merenge, House
- *Toning weights 1 lb to 2.5 lbs

Specialty Dance Classes

- DanceFit with Orlando's Dancefit
- *Where dance & fitness become a movement of expression
- *No Training Needed Bring: Water and Towel

360 Body Burn 28 Day Challenge

- *One-on-one Health Coaching
- *Customized Fitness and Nutrition
- *ALL Classes Included

