

JAMMIN' DANCE & FITNESS CENTER SCHEDULE 2023

JAMMINDANCE.COM

DANCE@JAMMINDANCE.COM

FIND US ON FACEBOOK - JAMMIN' DANCE AND FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 -10:00 AM ZUMBA Anytime Fitness Class	9:00 -10:00 AM ZUMBA All Levels Class Includes Toning		9:00 -10:00 AM ZUMBA All Levels Class Includes Toning		9:00 -10:00 AM ZUMBA All Levels Class Includes Toning	9:00 -10:00 AM ZUMBA Anytime Fitness Class
	11-11:45 ZUMBA CHAIR SPECIALTY CLASS Senior Friendly	10:30-11:30 All Inclusive Adults Creative Dance & Zumba	10:30 -11:30 AM ZUMBA GOLD Anytime Fitness Class			<i>New 2nd Sat of month</i> Saturday fun Day 10:30 - 12:00 Dance-Craft-Games Age 4 - up
	3:30 - 4:00 pm Youth Tap Private	3:00 - 5:00 pm Youth Scottish Country Start Date TBA				
	4:00 - 4:30 Mom & Me Tap / Zumba 4:30-5:00 Creative Dance Age 3 - 6			6:00 - 7:00 pm Youth Belly Dance Ages: 7 - 15		Tea Parties And other themed parties coming!!! Dates TBA
	5:30 -6:30 PM ZUMBA Anytime Fitness Class	5:30 -6:30 PM ZUMBA Anytime Fitness Class	5:00 -6:00 PM ZUMBA All Levels Class Includes Toning	7:00 - 8:00 pm Adult Belly Dance By Vahana		Need a P.A., D.J. or Live Music? We book weddings, parties, events, and more...
	7:00- 8:00 pm Private class	7:00 - 8:00 pm Adult Belly Dance By Vahana	6:00 - 7:00 pm Adult Tap II By Kay Ages:Teen - Adult	8:00 - 9:00 pm Belly Dance Troupe "Jewels of the North"		

PLEASE NOTE:

No sign-up or registration fees. All classes at Jammin' Dance are managed independently by the Instructor, or by Any Time Fitness. Please email dance@jammindance.com for questions, or contact information for the class you are interested in ~ Thanks!!