



Just Dance & Fitness Studio

Weekly Schedule

UPDATED 5/1/24

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	5:30 am STRONG Nation™ Jennie	6:00 PM Barre Above Jennie	5:30 am STRONG Nation® Jennie	6:00 pm Barre above® Jennie	5:30 am Barre above® Jennie	8:00 am STRONG Nation™
	6:00 pm Barre above® Jennie	7:00 pm HIIT The Dance Floor Tracy & Rachelle	7:00 am X-Fit Rachelle	7:00 PM Dance Fusion Rachelle	7:00 am X-Fit Rachelle	9:00 am Zumba® Tracy & Rachelle
	7:00 pm Zumba® Tracy & Rachelle		6:00 pm Zumba® Toning Combo Jennie & Tracy		8:00 am Zumba® Rachelle	10:30 am Christian Dance Fit 2nd & 4th Sat. Tracy & Rachelle
			7:00 PM Boss Chicks Dance WO E.J.			

CLASS and MEMBERSHIP PRICING (No Contracts)

Walk-In Class (Fitness & Dance) \$10

360 Body Burn Auto Deduct \$79



Monthly \$50

5 Class Punch Cards \$40

Monthly Auto Dduct \$45

Zumba® Fitness Jennie, Tracy, Rachelle

Cardio Dance Party
Salsa, Merengue House
No Training Needed

Zumba® Toning Jennie & Tracy

Cardio Dance Party with weights
No Training Needed
Toning weights 1 lb to 2.5 lbs

STRONG Nation™ Jennie & Tracy

High Intensity Interval Training
Bring: Water, towel, and mat

X-Fit Rachelle

Fitness class using Barre, Pilates, Strength and weight training. All levels welcome

Boss Chicks Dance Workout EJ

High Intensity Dance workout to different beats. Sculpt your abs, arms, and booty.

Just Dance For Him Tracy & Rachelle

Christian Dance Fitness Class
Enjoy Dancing to hit Christian music
Everyone welcome/Donations Welcome

Barre above® Jennie

Pilates, Yoga, and dance inspired
No Dance Training Needed
Bring: Water, Towel, and mat

HIIT The Dance Floor Tracy & Rachelle

A HIIT dance class designed to provide a full body work targeting different body areas, as well as cardio.

Dance Fusion Rachelle

Dance class that builds, strength, technique, flexabiity, and confidence

#BodyBurnTribe

www.justdance4fitness.com

