



Just Dance & Fitness Studio

Weekly schedule

GET YOUR FIT TOGETHER

UPDATED 11/26/23

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	6:00:00 PM Barre Above Jennie	5:30 am STRONG Nation® Jennie	6:00 pm Barre above® Jennie	5:30 am Barre above® Jennie	9:00 am Zumba® Tracy & Rachelle
	6:00 pm Barre above® Jennie	7:00 pm HIIT The Dance Floor with Tracy & Rachelle	6:00pm Zumba® Toning/ Zumba®Combo Class Jennie & Tracy	7:00 PM Dance Fusion Rachelle		10:30 Christian Dance Fit- Just Dance For Him 2nd & 4th Sat. Tracy & Rachelle
	7:00 pm Zumba® Tracy & Rachelle		7:00 pm Boss Chicks Dance Workout with EJ			

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
*What to bring- water towel,
yoga mat



#BodyBurnTribe

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 workout targeting different
body areas, as well as cardio

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

www.justdance4fitness.com