



# Just Dance & Fitness Studio Weekly Schedule

Just Dance & Fitness Studio  
1060 E. Industrial Dr, Ste. T  
Orange City, Fl. 32763  
386-473-5008

Effective 1/1/19

Check our website for weekly updates and changes: [justdance4fitness.com](http://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®	5:30 am STRONG by Zumba®	6:00 pm Family Yoga	5:30 am Barre above®	8:00 am STRONG by Zumba®
1:00 pm Cardio Boxing and Conditioning	6:15 pm Barre above®	8:00 pm Hip-Hop Groove and House Dance	6:30 pm Zumba® Toning	7:00 pm STRONG by Zumba®		9:00 am Zumba®
	7:00 pm Zumba®		7:30 pm Zumba®	<p>Sunday January 20, 2019 Zumba®/ STRONG by Zumba® Mashup with Lo and Nate 5-7:00 pm \$20 per person (discount available for JDFS Members)</p>		



<b>Class Prices:</b>	<b>Specialty Dance Classes \$10</b>	<b>Memberships (no-contracts):</b>
Walk-in Class \$5	\$50 for the 6 week series	Monthly \$40
Yoga \$5		Monthly Auto-Deduct \$35
Family Yoga \$8 pp/ \$12 Family		360 Body Burn Auto-Deduct \$75

**Zumba® Fitness Jennie & Tracy**  
\*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

**Family Yoga Ms. Eileen**  
\*Children over the age of 5  
\*Yoga games and poses  
\*Set to fun and interactive music

**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 Orlando's Dance Fit**  
Hip Hop Grooves and House Dance  
\*Focus on Hip Hop Fitness and Cardio Dance  
\*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