

# Jammin' Dance & Fitness Schedule • Winter 2017

Jammindance.com • dance@jammindance.com

| Time     | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |
|----------|---|---|---|--|---|---|
| 8:00 AM  | 9:00-10:00<br><b>Zumba at Town Hall</b><br>All Levels<br>by Kay                   | Adapted Class!<br><br>10:30- 11:30<br><b>You CAN Dance!</b><br>Adapted Class for<br><b>Adults</b><br>by Kay | 9:00-10:00<br><b>Zumba at Town Hall</b><br>All Levels<br>by Kay                   | Adapted Class!<br>9:30- 10:15<br><b>You CAN Dance!</b><br>Adapted Class for<br><b>Adults</b><br>by Kay | 9:00-10:00<br><b>Zumba at Town Hall</b><br><br><i>Class not held at studio. Email studio for more info</i>        | 8:30 - 9:30<br><b>Zumba</b><br>All Levels<br>by Neda                    |
| 9:00 AM  | <i>Class not held at studio. Email studio for more info</i>                       | 2:30 - 4:15<br><b>Scottish Country Dance for Children</b><br>by Patsy Corrigan                              | <i>Class not held at studio. Email studio for more info</i>                       | 10:30 - 11:00<br><b>Creative Dance</b><br>Youth - Ages 3-5   | 10:30 - 12:00<br><b>Creative Kids</b><br>by Kay<br>Dance, Art<br>Tumbling, & Social -<br>FUN!!                    | 9:30 - 11:00<br><b>NEW!!!</b><br><b>New Freedom Choir</b>               |
| 10:00 AM |   |   |   |  |   |   |
| 10:30 AM |   |   |   |  |   |   |
| 3:00 PM  | 3:30 - 4:30<br><b>Beginning Lyrical</b><br>Ages 6-12<br>by Alex                   | 4:15 - 5:00<br><b>Beginning Tap</b><br>Youth - Ages 4-8<br>by Kay   | 5:30-6:30<br><b>Creative Dance</b><br>Youth - Ages 3- 5                           | 4:30- 5:00<br><b>Inter. Tap</b><br>Youth - Ages 6 - 10<br>by Kay                                       | 3:30 - 4:30<br><b>Beginning Hip Hop</b><br>Youth-Ages 6-10<br>by Alex   | <b>Held on Saturdays and coming soon...</b>                             |
| 3:30 PM  |   |   |   |  |   |   |
| 4:00 PM  |   |   |   |  |   |   |
| 4:30 PM  |   |   |   |  |   |   |
| 5:00 PM  | 4:30 - 5:30<br><b>Intermediate Lyrical</b><br>for Teens, 13-up<br>by Alex         | 5:30-6:00<br><b>ZUMBA Kids &amp; Parents!</b><br>6-up ~ by Kay  | 5:00-5:30<br><b>Creative Dance</b><br>Youth - Ages 3- 5                           | 5:00-5:30<br><b>Creative Dance</b><br>Youth - Ages 3- 5<br>by Kay                                      | 4:30 - 5:30<br><b>Hip Hop</b><br>for Teens ,13-up<br>by Alex  | <b>F U S I O N D A N C E</b><br><br><b>At .....<br/>Jammin' Damce!!</b> |
| 5:30 PM  | <i>New Time!!</i>   | 6:00 - 6:45<br><b>Inter/Adv Teen Tap</b><br>by Kay  | 5:30-6:30<br><b>Zumba</b><br>High Impact<br>by Gretchen                           | 6:00-7:00<br>"Jewettes"  | 5:30 - 6:30<br><b>Hip Hop</b><br>for Adults<br>by Alex  |   |
| 6:00 PM  | 5:30 - 6:30<br><b>Zumba with Toning</b><br>All Levels<br>by Kay                   | 6:30-7:30<br><b>Belly Dance for Beginners</b><br>all levels welcome!<br>Teen / Adults<br>by Vahana          | 6:30-7:30<br><b>Zumba with Toning</b><br>All Levels<br>by Kay                     | 6:00-7:00<br><b>Belly Dance</b><br>Youth Ages 7-15<br>by Vahana  | please contact for start date:<br><a href="mailto:alexgio555@yahoo.com">alexgio555@yahoo.com</a>                  |   |
| 6:30 PM  | 7:30-8:30<br><b>Zumba</b><br>All Levels<br>by Neda                                | 7:30-8:30<br><b>Zumba</b><br>All Levels<br>by Neda  | 7:30 - 8:15<br><b>Inter. Tap Teen/Adults</b><br>by Kay                            | 7:00-8:00<br><b>Belly Dance</b><br>Teen / Adults<br>by Vahana  | 7:00-9:00<br><b>SWING DANCE</b><br>Teen/Adults<br>by The Trainors   |   |
| 7:00 PM  |   |   |   |  |   |   |
| 7:30 PM  |   |   |   |  |   |   |
| 8:00 PM  | 8:00-9:00<br><b>Jewels of the North</b><br><b>Belly Dance Troupe</b><br>by Vahana | 8:00-9:00<br><b>Jewels of the North</b><br><b>Belly Dance Troupe</b><br>by Vahana                           | 8:00-9:00<br><b>Jewels of the North</b><br><b>Belly Dance Troupe</b><br>by Vahana | 8:00-9:00<br><b>Jewels of the North</b><br><b>Belly Dance Troupe</b><br>by Vahana                      | please email before class<br><br><a href="mailto:placerville.swing@comcast.net">placerville.swing@comcast.net</a> |   |
| 8:30 PM  |   |   |   |  |   |   |

## DANCE & ZUMBA INSTRUCTORS

Please email studio or instructor to let us know you are coming!

Dance, Creative Kids & Zumba classes: Kay Lenhart • [dance@jammindance.com](mailto:dance@jammindance.com)

Swing Dance classes: Dan and Sheryl Trainor • [placerville.swing@comcast.net](mailto:placerville.swing@comcast.net)

Belly Dance: Valerie Baker aka, Vahana • [dancingesquire@yahoo.com](mailto:dancingesquire@yahoo.com)

Lyrical & Hip Hop classes: Alex G. • [alexgio555@yahoo.com](mailto:alexgio555@yahoo.com)

Dance class Prices: 1 hr - \$47 per month / 45 min - \$42 per month / 30 min - \$37 per month

Zumba/Prices: \$30 per month (1 class per week) • \$45 per month (2 classes per week) • \$60 per month (Unlimited Zumba)

Zumba Kids: \$25 per month (with Parent \$10) • Creative Kids: \$60 per month • Swing Classes: \$10 per couple Drop-In