

Just Dance & Fitness Studio



1060 E. Industrial Drive, Ste T Orange City, FL 32763
386-473-5008
Justdance4fitness@gmail.com



September 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
					8:00 am SBZ 9:00 am ZF 11:00 am 360 Body Burn Kick off	11:30 am Y-SF
3 LABOR DAY	4	5	6	7	8	9
8:00 am SBZ 9:00 am ZF No evening classes	8:00 pm Barre 7:00 pm ZF	5:30 am SBZ 6:30 pm ZT 7:30 pm ZF	6:30 pm C&M 7:00 pm SBZ	5:30 am Barre	8:00 am SBZ 9:00 am ZF	11:30 am Y-SF
10	11	12	13	14	15	16
5:30 am SBZ 6:00 pm FY 7:00 pm ZF 8:15 pm HHG	6:00 pm Barre 7:00 pm ZF	5:30 am SBZ 6:30 pm ZT 7:30 pm ZF	6:30 pm C&M 7:00 pm SBZ	5:30 am Barre	8:00 am SBZ 9:00 am ZF 11:00 am 360 Body Burn Kick Off	11:30 am Y-SF
17	18	19	20	21	22	23
5:30 am SBZ 6:00 pm FY 7:00 pm ZF 8:15 pm HHG	8:00 pm Barre 7:00 pm ZF	5:30 am SBZ 6:30 pm ZT 7:30 pm ZF	6:30 pm C&M 7:00 pm SBZ	5:30 am Barre	8:00 am SBZ 9:00 am ZF	11:30 am Y-SF
24	25	26	27	28	29	30
5:30 am SBZ 6:00 pm FY 7:00 pm ZF 8:15 pm HHG	6:00 pm Barre 7:00 pm ZF	5:30 am SBZ 6:30 pm ZT 7:30 pm ZF	6:30 pm C&M 7:00 pm SBZ	5:30 am Barre	8:00 am SBZ 9:00 am ZF	11:30 am Y-SF

Dance Fitness Classes: Monthly Auto-Renew Membership \$35/ Monthly Membership \$40/ Walk-in \$5
(Includes Zumba®, Zumba® Toning, STRONG by Zumba®, Barre above®, and Core & More)
Family Yoga \$30 for month of May 2018 Yoga Slow Flow: \$5 Hip Hop \$50 (6 wk/ or \$10 per class)

notes

Zumba Fitness	(ZF)	Jennie Ngo, Tracy Rodriguez
Zumba Toning	(ZT)	Jennie Ngo, Tracy Rodriguez
STRONG By Zumba	(SBZ)	Jennie Ngo, Tracy Rodriguez
Core and More	(C&M)	Jennie Ngo, Tracy Rodriguez
Barre above	(BARRE)	Jennie Ngo
Family Yoga	(FY)	Eileen Simoneau
Yoga- Slow Flow	(Y-SF)	Cayla Stone
Hip-Hop Groove and House Dance (HHG)		