

Jammin' Dance & Fitness Schedule • Fall 2017

6090 Enterprise, Suite A • Diamond Springs, CA

Website: Jammindance.com • Email: dance@jammindance.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	9:00-10:00 Zumba at Town Hall All Levels by Kay	10:30- 11:30 Adapted Class! You CAN Dance! Adapted Class for Adults by Kay	9:00-10:00 Zumba at Town Hall All Levels by Kay	9:30- 10:15 Adapted Class! You CAN Dance! Adapted Class for Adults by Kay	9:00-10:00 Zumba at Town Hall NOTE: This Class is not held at studio. Email studio for more info	8:30 - 9:30 Zumba All Levels by Neda
9:00 AM	NOTE: This Class is not held at studio. Email studio for more info		NOTE: This Class is not held at studio. Email studio for more info			New Class! YOGA Coming Soon!!
10:00 AM		2:30 - 4:15 Scottish Country Dance for Children by Patsy Corrigan			10:30 - 12:00 Creative Kids by Kay Dance, Art Tumbling, & Social - FUN!!	
10:30 AM						
3:00 PM	New! 3:30 - 4:30 Arco-Jazz 8-up by Jamie	New! 4:30 - 5:00 Beginning Tap Youth - Ages 5-up by Kay		4:30- 5:00 Inter. Tap Youth - Ages 6 - 10 by Kay	3:30- 4:30 Hip Hop Beginning - all ages by Joellene	We host: Birthday Parties, Tea Parties, Private Parties and more.....
3:30 PM						
4:00 PM		5:00-5:30 2nd year Tap Youth - Ages 6-up by Kay Note: <i>This class has a waiting list...</i>		5:00-5:30 Creative Dance Youth - Ages 3- 5 by Kay	4:30- 5:30 Hip Hop Advanced - All Ages by Joellene	
4:30 PM	4:30- 5:30 Lyrical All Ages by Joellene		New! 5:00-5:30 Creative Dance Youth - Ages 3- 5 by Kay	New! 5:30-6:00 ZUMBA Kids & Parents! 5 up ~ by Kay		
5:00 PM		5:30-6:00 ZUMBA Kids & Parents! 5 up ~ by Kay			New Class! Adult Hip Ho[Coming Soon!!	
5:30 PM	NEW!! 5:30 -6:30 PIYO <i>Pilates-Yoga by Julianne</i>	6:00 - 6:30 Private Lessons	5:30-6:30 Zumba with Toning All Levels by Kay	6:00-7:00 "Jewelles"		
6:00 PM				Belly Dance Youth Ages 7-15 by Vahana		
6:30 PM	6:30 - 7:30 Beginning Tap Teen/Adults by Kay	6:30 - 7:30 Belly Dance Teen / Adults by Vahana....	6:30 - 7:30 Inter. Tap Teen/Adults by Kay	7:00-8:00 Belly Dance Teen / Adults by Vahana	7:00-9:00 SWING DANCE Teen/Adults by The Trainors	
7:00 PM						
7:30 PM						
8:00 PM	7:30-8:30 Zumba All Levels by Neda		7:30-8:30 Zumba All Levels by Neda	8:00-9:00 Jewels of the North Troupe by Vahana	please email before class placerville.swing@comcast.net	
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

Swing Dance classes: Dan and Sheryl Trainor • placerville.swing@comcast.net

Belly Dance: Valerie Baker aka, Vahana • dancingesquire@yahoo.com

PIYO classes: Julianne. • dance@jammindance.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 (\$10 per added family) • Creative Kids: \$60 per month • Swing Classes: \$10 per couple Drop-In