

JAMMIN' DANCE & FITNESS

SCHEDULE - 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00 am ZUMBA <i>All Levels</i> Class Includes Toning By Kay Class held at Town Hall	10:30 - 11:30 pm "All Inclusive" ZUMBA By Kay	9:00-10:00 am ZUMBA <i>All Levels</i> Class Includes Toning By Kay Class held at Town Hall	10:30 - 11:30 pm "All Inclusive" ZUMBA By Kay	9:00-10:00 am ZUMBA <i>All Levels</i> Class Includes Toning By Kay Class held at Town Hall	8:30-9:30 ZUMBA By Katie All Levels
	11:45 - 12:30 pm "Chair" ZUMBA By Kay Lower Impact	11:30 am - 12:00 pm Baby/Toddler Ballet By Joellene Ages: 3 - 6	10:45 - 11:30 am Chair ZUMBA By Kay Lower Impact		10:00 am-12:00 pm Creative FUN Day Art/ Craft•Dance•Games By Kay
3:30 - 4:30 pm Beg. Lyrical By Joellene Ages: 8 - up	2:30 - 5:00 pm Scottish Country By The Corrigans Children's Class		5:00 - 5:30 pm Creative Dance I By Kay Ages: 3 - 6	3:30 - 4:30 pm Beg. Hip Hop By Joellene Ages: 6 - 10	
4:30 - 5:30 pm Inter/Adv Lyrical By Joellene Ages: Teen 13 - up		2:30 - 3:30 pm Ballet I By Joellene Ages: 6 - 9	5:30 - 6:00 pm TBA By Kay	4:30 - 5:30 pm Inter/Adv Hip Hop By Joellene Ages: Teen 10 - up	
	5:00 - 5:30 pm Youth Tap II By Kay Ages: 6 - up	3:30 - 4:30 pm Ballet I/II By Joellene Ages: 8 - up	6:00 - 7:00 pm Youth Belly Dance By Vahana Ages: 7 - 15	5:30 - 6:30 pm Pumps -Jazz By Joellene Teen - Adults	
	5:30 - 6:00 pm "Family" Zumba By Kay All Ages: 2 - Grandparents!	4:30 - 5:30 pm Ballet and Point By Joellene Ages: Teen - Adult	7:00 - 8:00 pm Adult Belly Dance By Vahana Ages: Teen - Adults		
5:30 - 6:15 pm "Aqua" ZUMBA By Kay * Class held at Lindberg Pool	6:00 - 6:30 pm Youth Tap I By Kay Ages: 6 - up	5:30 - 6:30 pm ZUMBA <i>All Levels</i> Class Includes Toning By Kay	8:00 - 9:00 pm Belly Dance Troupe "Jewels of the North" By Vahana	7:00 - 8:00 pm Swing Dance By the Trainers Singles/Couples Welcome!	
6:30 - 7:30 pm Tap Rehearsal By Kay		6:30 - 7:30 pm Adult Tap II By Kay Ages: Teen - Adult			

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DANCE & ZUMBA INSTRUCTORS

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

Ballet, Point, Lyrical & Hip Hop classes: **Joellene Vakulich** • vjoellene@yahoo.com

Scottish Country classes: **Jeffery and Patsy Corrigan** • dance@jammindance.com

Our All Inclusive classes accommodate wheelchairs and those with balance issues!

Please see our website for more info on our classes, including our All Inclusive classes at:

JAMMINDANCE.COM

Dance class Prices:

1 hr - \$47 per month 45

min - \$42 per month 30

min - \$37 per month Drop

In: \$15 per class

Zumba & Fitness Prices:

\$30 per mo (1 class per wk)

\$45 per mo (2 classes per wk)

Drop In: \$10 per class

Zumba Kids:

\$25 per month (with Parent \$10)

Swing Classes:

\$10 per couple Drop-In

New to the studio dancers can try a complimentary DANCE class for FREE!
Zumba and Swing classes are excluded from the complimentary Free class ~