



# Just Dance & Fitness Studio

## Weekly Schedule Effective 8/1/19

### GET YOUR FIT TOGETHER

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

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®	6:15 pm 360 BB Boxing and Conditioning	5:30 am STRONG by Zumba®	6:00 pm Barre above®	5:30 am Barre above®	8:00 am STRONG by Zumba®
	6:00 pm Barre above®	7:00 pm Zumba® with Marline	6:30 pm Zumba® Toning	7:00 pm STRONG 30™		9:00 am Zumba®
	7:00 pm Zumba®	8:00 pm Serenity Stretch	7:30 pm Zumba®	7:30 pm Serenity Stretch		
	8:15 PM DanceFit					



#### Class Prices:

Walk-in Class: Fitness and Dance \$5  
 Yoga \$5  
 Serenity Stretch \$3 (Free "Add-on" class)

#### Memberships (no-contracts):

Monthly \$40  
 Monthly Auto-Deduct \$35  
 360 Body Burn Auto-Deduct \$75

**Zumba® Fitness** Jennie, Tracy, Naomi  
 \*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

**Serenity Stretch**  
 \*Restorative Stretching Class \*  
 \*20 minutes

**STRONG by Zumba®** Jennie & Tracy  
 \*High Intensity Interval Training  
 \*What to bring: water, towel, yoga mat

**360 BB Boxing Conditioning** 60 min  
 \*Free Weights and Boxing  
 \*Total Body Conditioning . Increase Stamina and Strength  
 \*Targets Your Abs Arms & Glutes  
 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**  
 DanceFit with Orlando's Dancefit  
 \*Where dance & fitness become a movement of expression  
 \*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

