

# Just Dance & Fitness Studio



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

## August 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		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
6	7	8	9	10	11	12
5:30 am SBZ 6:00 pm FY 7:00 pm ZF	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
13	14	15	16	17	18	19
5:30 am SBZ 6:00 pm FY 7:00 pm ZF	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
20	21	22	23	24	25	26
5:30 am SBZ 6:00 pm FY 7:00 pm ZF	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 2:00 pm Master Class with Lo	11:30 am Y-SF
27	28	29	30	31		
5:30 am SBZ 6:00 pm FY 7:00 pm ZF	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		



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

notes

Zumba Fitness  
 Zumba Toning  
 STRONG By Zumba  
 Core and More  
 Barre above  
 Family Yoga  
 Yoga- Slow Flow

(ZF)  
 (ZT)  
 (SBZ)  
 (C&M)  
 (BARRE)  
 (FY)  
 (Y-SF)

Jennie Ngo, Tracy Rodriguez  
 Jennie Ngo, Tracy Rodriguez  
 Jennie Ngo, Tracy Rodriguez  
 Jennie Ngo, Tracy Rodriguez  
 Jennie Ngo  
 Eileen Simoneau  
 Cayla Stone

For Class descriptions please visit our website [www.justdance4fitness.com](http://www.justdance4fitness.com)