

Jammin' Dance & Fitness Schedule • Fall 2016

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	9:00-10:00 Zumba at Town Hall All Levels by Kay <i>Class not held at studio. Email studio for more info</i>	Adapted Class! 10:30- 11:30 You CAN Dance! Adapted Class for Adults by Kay	9:00-10:00 Zumba at Town Hall All Levels by Kay <i>Class not held at studio. Email studio for more info</i>	Adapted Class! 9:30- 10:10 You CAN Dance! Adapted Class for Adults by Kay 10:30 - 12:00 Creative Kids by Kay Class includes: Circle-Time, Art Tumbling, Creative Dance & FUN! <i>This class is currently full</i>	9:00-10:00 Zumba at Town Hall <i>Class not held at studio. Email studio for more info</i> 10:30 - 11:00 CreativeDance Youth - Ages 3 - 5 10:30 - 12:00 Creative Kids by Kay Dance, Art Tumbling, & Social -	8:30 - 9:30 Zumba All Levels by Neda <hr/> 9:30 - 11:00 NEW!!! New Freedom Choir
9:00 AM						
10:00 AM		2:30 - 4:15 Scottish Country Dance for Children by Patsy Corrigan				
10:30 AM		4:15 - 5:00 Tap Adv Beg Youth - Ages 4-8 by Kay 5:00-5:30 Creative Dance Youth - Ages 3- 5 5:30-6:00 ZUMBA Kids & Parents! 6-up ~ by Kay		4:30- 5:00 Beg Tap Youth - Ages 6 - 10 by Kay 5:00-5:30 Creative Dance Youth - Ages 3- 5 by Kay 5:30-6:00 ZUMBA Kids & Parents! 6-up ~ by Kay	3:30 - 4:30 Beginning Hip Hop Youth-Ages 6-10 by Alex 4:30 - 5:30 Hip Hop for Teens ,13-up by Alex NEW!! 5:30 - 6:30 Hip Hop for Adults by Alex	HARVEST TEA PARTY!!! Date: 11/5 Time:12 -2:00 Ages: 3 - 13 Fee: \$25 Tea Party Etiquette, Waltzing, Dancing, Artwork, Crafts, Games, and a full Tea Party! Please dress up for this event! Formal wear or princess outfits are recommended. Spaces are limited, be sure to pre-register!
3:00 PM	3:30 - 4:30 Beginning Lyrical Ages 6-12 by Alex Adapted Class! 4:30- 5:30 You CAN Dance! Adapted Class for Teens					
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM	5:30 - 6:30 Intermediate Lyrical for Teens, 13-up by Alex	6:00-6:30 Intermediate Tap Youth 12 - Up by Kay	5:30-6:30 Zumba High Impact by Gretchen	6:00-7:00 <i>"Jewelettes"</i> Belly Dance Youth Ages 7-15 by Vahana		7:00-9:00 SWING DANCE Teen/Adults by The Trainors please email before class placerville.swing@comcast.net
6:00 PM						
6:30 PM	6:30 - 7:30 Zumba All Levels by Kay	New Class!! 6:30-7:30 Belly Dance Teen / Adults by Vahana	6:30-7:30 Zumba All Levels by Kay	7:00-8:00 Belly Dance Teen / Adults by Vahana		
7:00 PM						
7:30 PM		Coming soon! 7:30-8:30 Zumba by Neda		8:00-9:00 Jewels of the North Belly Dance Troupe by Vahana		
8:00 PM	7:30 - 8:15 Inter. Tap Teen/Adults by Kay					
8:30 PM						

DANCE & ZUMBA INSTRUCTORS

Please email studio or instructor to let us know you are coming!

Dance, Creative Kids & Zumba classes: jammindance.com • dance@jammindance.com

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

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

Lyrical & Hip Hop classes: Alex G. • alexgio555@yahoo.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 (with Parent \$10) • Creative Kids: \$60 per month • Swing Classes: \$10 per couple Drop-In