

Jammin' Dance & Fitness Schedule • Spring 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>		8:30 - 9:30 Zumba All Levels by Juliet		9:00-10:00 Zumba at Town Hall <i>Class not held at studio. Email studio for more info</i>	8:00-8:30 Circuit Training by Mike
9:00 AM		Adapted Class!	10:30- 11:30 You CAN Dance! Adapted Class for Adults by Kay 3:00-4:30 All Around Dance Ballet, Jazz Tap Youth - Ages 6-10 by Paula Email studio to reserve your spot!	Adapted Class! 9:30- 10:10 You CAN Dance! Adapted Class for Adults by Kay	10:30 - 11:00 CreativeDance Youth - Ages 3 - 5	8:30 - 9:30 Zumba All Levels by Neda
10:00 AM				10:30 - 12:00 Creative Kids by Kay Class includes: Circle-Time, Art Tumbling, & Social - FUN!!	9:30 - 11:00 NEW!!! New Freedom Choir	
10:30 AM						
3:00 PM 3:30 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	3:00 - 4:00 Scottish Country Dance for Children by Patsy Corrigan	4:30-5:30 New Classes Starting May! 4:30-5:30 Musical Theater Teen-Adults by Paula Email studio to reserve your spot!	4:30-5:00 Tap Beg Youth - Ages 4-8 by Kay	3:30 - 4:30 Beginning Hip Hop Youth-All ages by Alex	NEW!!! O'Neill's Karate is joining Jammin' Dance!! Kick Boxing Circuit Training Karate All Ages by Mike O'Neill Direct Contact: 530.933.1787
4:00 PM ~ 4:30 PM		5:00-5:30 Creative Dance Youth - Ages 3- 5		5:00-5:30 Creative Dance Youth - Ages 4-6 by Kay	4:30-5:30 Hip Hop for Teens/Adults by Alex	
5:00 PM		5:30-6:00 Zumba Team Invitation class by Kay	5:30-6:00 Zumba Kids Youth - Ages 6-12 by Kay	5:30-6:00 Fit/Kick Boxing by Mike		
5:30 PM		5:30 - 6:30 Intermediate Lyrical Ages 10-up by Alex	6:00-6:30 Intermediate Tap Youth - Ages 12 - Up by Kay	6:00-7:00 Taekwondo 6:30-7:00 Basic - All Levels by Mike		
6:00 PM				6:00-7:00 Belly Dance by Vahana Youth Ages 7-15	7:00-9:00 SWING DANCE Teen/Adults by The Trainors please email before class placerville.swing@comcast.net	Birthday & Princess Parties! includes: Creative Dance, plus Zumbatomics Mini Performance with costumes Inside Bounce House 2 Hours of private studio use
6:30 PM	Starts 6:30	6:00-6:30 Fit/Kick Boxing by Mike	6:30-7:30 Zumba All Levels by Kay	7:00-8:00 Belly Dance by Vahana Teen / Adults		
7:00 PM	Zumba All Levels by Kay	6:30 Taekwondo Basic - All Levels by Mike				
7:30 PM		Coming soon! 7:00-8:00 Zumba by Neda	8:00-9:00 Jewels of the North Belly Dance by Vahana Troupe			
8:00 PM	Starts 7:30 Inter. Tap Teen/Adults by Kay					
8:30 PM		email for info ~				

DANCE & ZUMBA INSTRUCTORS

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

Dance & Zumba classes: jammindance.com • dance@jammindance.com
 Swing Dance classes: Dan and Sheryl Trainor • placerville.swing@comcast.net
 Kick Boxing classes: Mike O' Neill • oneillskarate@hotmail.com
 Lyrical & Hip Hop classes: Alex G. • alexgio555@yahoo.com

Dance class Prices: 1 hr - \$45 per month / 45 min - \$40 per month / 30 min - \$35 per month
 Zumba/Prices: \$30 per month (1 class per week) • \$45 per month (2 classes per week) • \$60 per month (Unlimited Zumba)
 Creative Kids: \$55 per month • Kick Boxing: \$35 per month • Swing Classes: \$10 per couple Drop-In