



Just Dance & Fitness Studio

Weekly schedule

GET YOUR FIT TOGETHER

UPDATED 3/1/20

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 am STRONG by Zumba®	6:15 pm 360 Body Burn 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®
2:00 pm Just Dance For Him (2nd & 4th Sunday)	7:00 pm Zumba®		7:30 pm Zumba®	7:30 pm Hip Hop 4 week Session		
	8:00 pm 7 Minutes to STRONGER		8:30 pm 7 Minutes to STRONGER			

CLASS PRICES

Walk-In Class (Fitness & Dance \$5)
DanceFit \$30 4 week series or \$10 Drop-in



MEMBERSHIPS (No Contracts)

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

Zumba® Fitness Jennie, Tracy, Marline
Cardio Dance Party
Salsa, Merengue House
No Training Needed

Barre above® Jennie
Pilates, Yoga, and dance inspired
No Dance Training Needed
Bring: Water, Towel, and mat

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

7 Minutes to Stronger Jennie and Tracy
Short workouts targeting several
different muscle groups.

#fitvision2020

Orlando DanceFit's Hip Hop. 4 week
Dance Series of Hip Hop. Consists
of choreo break down & foundation

Zumba® Toning Jennie & Tracy
Cardio Dance Party with weights
No Training Needed
Toning weights 1 lb to 2.5 lbs

Just Dance For Him
Christian Dance Fitness Class
Enjoy Dancing to hit Christian music
Everyone welcome/ By Donation Only

360 Body Burn Conditioning Tracy
Total Body Conditioning
Targets legs, Glutes, Arms, and Core
No Training needed