

# JAMMIN' DANCE & FITNESS

## SCHEDULE - 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00 am <b>ZUMBA</b> All Levels Class Includes Toning By Kay Class held at Town Hall	10:30 - 11:30 pm <b>"All Inclusive"</b> <b>ZUMBA</b> By Kay	9:00-10:00 am <b>ZUMBA</b> All Levels Class Includes Toning By Kay Class held at Town Hall	10:30 - 11:30 pm <b>"All Inclusive"</b> <b>ZUMBA</b> By Kay	9:00-10:00 am <b>ZUMBA</b> All Levels Class Includes Toning By Kay Class held at Town Hall	8:30-9:30 am <b>ZUMBA</b> All Levels Class Includes Toning By Kay
	11:45 - 12:30 pm <b>"Chair" ZUMBA</b> By Kay Lower Impact	11:30 am - 12:00 pm <b>Baby/Toddler Ballet</b> By Joellene Ages:4 - 6	10:45 - 11:30 am <b>"Chair" ZUMBA</b> By Kay Lower Impact		<b>First Saturday Of the Month Class for Kids!</b>
3:30 - 4:30 pm <b>Beg. Lyrical</b> By Joellene Ages: 8-up	2:30 - 5:00 pm <b>Scottish Country</b> By The Corrigans Children's Class		5:00 - 5:30 pm <b>Creative Dance I</b> By Kay Ages: 3-6	3:30 - 4:30 pm <b>Beg. Hip Hop</b> By Joellene Ages: 6 - 10	10:00 am-12:00 pm <b>Creative FUN Day</b> Art•Craft Dance•Games By Kay
4:30 - 5:30 pm <b>Inter. Lyrical</b> By Joellene Ages:Teen 13-up		2:30 - 3:30 pm <b>Ballet I</b> By Joellene Ages: 6-9	5:30 - 6:00 pm <b>Private Lessons</b> By Kay	4:30 - 5:30 pm <b>Inter/Adv Hip Hop</b> By Joellene Ages:Teen 13-up	
	5:00 - 5:30 pm <b>Youth Tap II</b> By Kay Ages: 9 - up	3:30 - 4:30 pm <b>Ballet I/II</b> By Joellene Ages: 8 - up	6:00 - 7:00 pm <b>Youth Belly Dance</b> By Vahana Ages: 7-15	5:30 - 6:30 pm <b>Pumps - Exercise</b> By Joellene For Adults	
	5:30 - 6:00 pm <b>"Family" Zumba</b> By Kay All Ages: 2 - Grandparents!	4:30 - 5:30 pm <b>Ballet and Point</b> By Joellene Ages:Teen - Adult	7:00 - 8:00 pm <b>Adult Belly Dance</b> By Vahana Ages:Teen - Adults		
5:30 - 6:00 pm <b>"Chair" ZUMBA</b> By Kay Lower Impact I	6:00 - 6:30 pm <b>Youth Tap II</b> By Kay Ages: 5-8	5:30 - 6:30 pm <b>ZUMBA</b> All Levels Class Includes Toning By Kay	8:00 - 9:00 pm <b>Belly Dance Troupe</b> <b>"Jewels of the North"</b> By Vahana	7:00 - 8:00 pm <b>Swing Dance</b> By the Trainors Singles/Couples Welcome!	
6:00 - 7:00 pm <b>ZUMBA</b> All Levels Class Includes Toning By Kay		6:30 - 7:30 pm <b>Adult Tap II</b> By Kay Ages:Teen - Adult			

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DANCE & ZUMBA INSTRUCTORS - All Instructors are Independent from the studio,  
please contact directly for more Info:

Dance, Creative Kids & Zumba classes: **Kay Lenhart • [dance@jammindance.com](mailto:dance@jammindance.com)**

Swing Dance classes: **Dan and Sheryl Trainor • [placerville.swing@comcast.net](mailto:placerville.swing@comcast.net)**

Belly Dance: **Valerie Baker aka, Vahana • [dancingesquire@yahoo.com](mailto:dancingesquire@yahoo.com)**

Ballet, Point, Lyrical & Hip Hop classes: **Joellene Vakulich • [vjoellene@yahoo.com](mailto:vjoellene@yahoo.com)**

Scottish Country classes: **Jeffery and Patsy Corrigan • [dance@jammindance.com](mailto:dance@jammindance.com)**

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**Our All Inclusive classes accommodate wheelchairs and those with balance issues!**

Please see our website for more info on our classes, including our All Inclusive classes at:

**JAMMINDANCE.COM**

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### Dance class Prices:

1 hr - \$47 per month 45

min - \$42 per month 30

min - \$37 per month Drop

In: \$15 per class

### Zumba & Fitness Prices:

\$30 per mo (1 class per wk)

\$45 per mo (2 classes per wk)

Drop In: \$10 per class

### Zumba Kids:

\$25 per month (with Parent \$10)

### Swing Classes:

\$10 per couple Drop-In

New to the studio dancers can try a complimentary DANCE class for FREE!  
Zumba and Swing classes are excluded from the complimentary Free class ~