



Just Dance & Fitness Studio Weekly Schedule

Effective 10/1/18

Just Dance & Fitness Studio
1060 E. Industrial Dr, Ste. T
Orange City, Fl. 32763
386-473-5008

Check our website for weekly updates and changes: justdance4fitness.com or like us on Facebook

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30 am Yoga Slow Flow	5:30 am STRONG by Zumba	6:00 pm Barre above®	5:30 am STRONG by Zumba	6:30 pm Core & more	5:30 am Barre above®	8:00 am STRONG by Zumba®
	6:00 pm Family Yoga	7:00 pm Zumba®	6:30 pm Zumba® Toning	7:00 pm STRONG by Zumba		9:00 am Zumba®
	7:00 pm Zumba®	SPECIAL EVENTS Saturday 10/6/18 Master Class with Hugo 10am NO 9 AM ZUMBA CLASS	7:30 pm Zumba®			
	8:15 pm Hip-Hop Groove and House Dance					

COMING SOON

Kickboxing

Rock N Rope

OCTOBER CONTEST
Bring the most friends and win a
FREE month



Class Prices:	Specialty Dance Classes \$10	Memberships (no-contracts):
Walk-in Class \$5	\$50 for the 6 week series	Monthly \$40
Yoga \$5		Monthly Auto-Deduct \$35
Family Yoga \$8 pp/ \$12 Family		360 Body Burn \$75

Zumba® Fitness Jennie & Tracy
*Cardio Dance Party
*No training needed
*Salsa, Merengue, House

Barre above® Jennie 45 min
Pilates, Yoga, and Dance Inspired
No Dance Training Needed
What you will need: water, towel, Yoga mat

Family Yoga Ms. Eileen
*Children over the age of 5
*Yoga games and poses
*Set to fun and interactive music

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

Core & More Jennie & Tracy 30 min
*Targets Your Abs Arms & Glutes
*HIIT, Interval Training
*Weights, Bands, Fitness Ball, Circuits
What you will need: Water Towel, Yoga Mat

Yoga Slow Flow Cayla
*Slow Yoga Movements
*Beginner to intermediate level
*Relaxation and Stretching
What to bring: Water Towel, Yoga Mat

Zumba® Toning Jennie & Tracy
*Cardio Dance Party
*No training needed
*Salsa Merenge, House
*Toning weights 1 lb to 2.5 lbs

Specialty Dance Classes Orlando Dance Fit
Hip Hop Grooves and House Dance
*Focus on Hip Hop Fitness and Cardio Dance
*No Training Needed Bring: Water and Towel

360 Body Burn 28 Day Challenge
*One-on-one Health Coaching
*Customized Fitness and Nutrition
*All Classes Included