



Just Dance & Fitness Studio

Weekly schedule GET YOUR FIT TOGETHER

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:30 am Slow Flow Yoga	5:30 am STRONG by Zumba®	7:00 pm Zumba® with Marline	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®	8:15 pm DanceFit	6:30 pm Zumba® Toning	7:00 pm STRONG 30™		9:00 am Zumba®
2:00 pm Just Dance For Him (4th Sunday each month)	7:00 pm Zumba®		7:30 pm Zumba®	7:30 pm Serenity Stretch		

CLASS PRICES

Walk-In Class (Fitness & Dance) \$5
Yoga/ DanceFit \$10
Serenity Stretch \$3 (Free "Add-on" Class)

MEMBERSHIPS (No Contracts)

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

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

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

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

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



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

Serentiy Stretch
Restorative Stretching Class
20 minutes

Slow Flow Yoga
Beginner to intermediate

SPECIALTY DANCE CLASS
DanceFit with Orlando's Dance Fit
No Training needed