

# JAMMIN' DANCE & FITNESS CENTER SCHEDULE - 2025

JAMMINDANCE.COM

• DANCE@JAMMINDANCE.COM

• FIND US ON FACEBOOK - JAMMIN' DANCE AND FITNESS

| SUNDAY | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  |
|--------|--|---|--|---|---|---|
|        | 9:00 -10:00 AM<br><b>ZUMBA</b><br><b>All Levels</b><br><i>Class Includes Toning</i>    |   | 9:00 -10:00 AM<br><b>ZUMBA</b><br><b>All Levels</b><br><i>Class Includes Toning</i>    |   | 9:00 -10:00 AM<br><b>ZUMBA</b><br><b>All Levels</b><br><i>Class Includes Toning</i> |   |
|        | 10:00 -10:55<br><b>ZUMBA CHAIR</b><br><b>SPECIALTY CLASS</b><br><i>Senior Friendly</i> | 10:30-11:30<br><i>All Inclusive Adults</i><br><b>Creative Dance</b><br><b>&amp; Zumba</b> | 10:00 -10:55<br><b>ZUMBA CHAIR</b><br><b>SPECIALTY CLASS</b><br><i>Senior Friendly</i> |   |   | <b>** Dates TBA</b><br><b>Saturday fun Day</b><br>10:30 - 12:00<br><i>Dance-Craft-Games</i><br>Age 4 - up |
|        |  | 3:00 - 5:00 pm<br><b>Youth Scottish</b><br><b>Country</b><br><i>Start Date TBA</i>        |  |   | 3:30 - 4:15 pm<br><b>Private</b><br><b>Lessons</b>                                  |   |
|        | 4:30 - 5:15 pm<br><b>Creative Dance</b><br><b>&amp; Zumba</b><br>Age 5 - 8             |   | 5:00 -6:00 PM<br><b>Adult Tap</b><br><b>Inter/Adv</b><br><i>Teens /Adults</i>          |   |   |   |
|        | 4:15-5:00 pm<br><b>Mom &amp; Me</b><br><b>Tap Dance</b><br><i>Intermediate</i>         |   | 6:00 - 7:00 pm<br><b>ZUMBA</b><br><i>Class Includes Toning</i>                         | 7:00 - 8:00 pm<br><b>Adult</b><br><b>Belly Dance</b><br><i>By Vahana</i>              |   | <b>Tea Dates!!</b><br><i>And other</i><br><b>themed Dates</b><br><i>coming!!!</i><br><b>TBA</b>           |
|        | 7:00- 8:00 pm<br><b>Private class</b>  | 7:00 - 8:00 pm<br><b>Adult</b><br><b>Belly Dance</b><br><i>By Vahana</i>                  |  | 8:00 - 9:00 pm<br><b>Belly Dance</b><br><b>Troupe</b><br><i>"Jewels of the North"</i> |   |   |

## PLEASE NOTE:

No sign-up or registration fees. All classes at Jammin' Dance are managed independently by the Instructor. Please email [dance@jammindance.com](mailto:dance@jammindance.com) for questions, or contact information for the class you are interested in ~ Thanks!!