



Fitness Schedule

brantforddancelessons.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Zumba® 10:30am 30mins Fit after 40	9:30am Zumba® Toning 10:30am 30mins Fit after 40		9:30am Nia	9:30am Zumba® 10:30am 30mins Fit after 40	9:30am Zumba® 10:30am 30mins Fit after 40 11am Nia
	6:00pm Zumba®	6:00pm Socacize®	6:00pm BollyX®		
	7:00pm DanceFit				

Drop-in per class- \$10

Try 5 classes - \$30 (New participants only)

AIM Fitness Pass – Unlimited Classes

1 month \$45 / 2 months \$75 / 6 months \$195

AIM Punch Card options – 10 class \$90 / 30 classes \$195

***Bonus: Save the card for \$10 off**

Zumba®– Experience an exhilarating, effective, Latin-inspired, Dance Fitness class that makes working out a Blast for women and men all ages!

Toning- Use light weights and dance moves to tone arms, legs and core.

Fit After 40- Simple exercises to maintain and develop range of motion and strength. Each session is unique with a personal touch.

Nia- Combining dance, martial arts & mindfulness, Nia is a holistic fitness practice addressing each aspect of your life - body, mind and soul. Low impact, you will have your spirits lifted.

Ladies DanceFit - Learn patterns in the Salsa, Cha Cha, Merengue, Samba & more. Dress shoes or runners can be worn to class. Ladies of all ages welcome.

Socacize® - Feel sexy, sultry while we sweat to Soca/Caribbean and dance hall music & dance styles. Dress to workout and yoga mat optional.

BollyX® – A Bollywood-inspired dance and fitness class that includes pop and world music. Bring out your inner Rockstar. Dance styles include- Hip Hop, Bhangra, Belly dance, and more.