



Dance Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Zumba® with Kelly Z Flash Fit	9:30am Zumba® Toning with Kelly Z	9:30AM Zumba with Kelly Z Flash Fit	Nia 9:30AM	9:30am Zumba® with Kelly Z Flash Fit	9:30am Zumba® with Margi Z
	6:30PM Zumba® with Heather 7PM Ladies Dancefit	6:30PM Socacize® with Autumn Z	6:30PM BollyX with Kelly Z		
	Club Member 8:00PM		Club Member 7:45PM	Club Member 8:00PM	

Email only to RSVP for classes. No drop-ins. Social spacing and other health measures being observed. City bylaws require face masks in all public areas. For more details see the homepage of website with all protocols being adhered to at the studio.

Email – aimdance1@gmail.com Call – 519-720-0379

Zumba®– Join the Party! Our experienced team of instructors are part of the Zumba Instructor Network (ZIN) and the goal is to create a fun place to let loose! Check social media for updates on classes

Zumba Toning- Dance with light weight Zumba Toning provided in studio. Or dance with no sticks and tone your body while we shake to the rhythm. **Zumba Gold** – Same party low impact

BollyX –Dance, shimmy, shake just like being in a Bollywood movie with a variety of styles including Bollywood, Hip Hop, Folk and Belly Dance. High and low options given.

Socacize® Feel sexy, sultry moving to Soca/Caribbean dance hall music & dance styles. Bring your own Yoga mat and prepare to party with these hot tracks and dance moves.

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. *Bring your own yoga mat.

Flash Fit- Focuses on muscle conditioning, body weight and light weight training. Feel stronger, toned with Canfit Pro group fitness instructor Kelly Sloat.

All classes are being held in studio BUT..... there are also **Zoom Classes** See the letter **Z**? That means class is being offered at no charge for you to dance from home.

Zoom meeting 665-324-6517 - message for the password

Club Member (CM) Ballroom & Latin classes –RSVP is required.

Diamond or Platinum membership and/or prepaid sessions. Message us in advance with any dance related questions before classes. **Schedule is subject to change. Check social media for daily updates.** For more details email – aimdance1@gmail.com