



On-line Dance Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ZOOM 9:30am Zumba® with Kelly	ZOOM 9:30am Zumba® Toning with Kelly	ZOOM 9:30AM Zumba with Kelly		ZOOM 9:30am Zumba® with Kelly	ZOOM 9:30am Zumba® with Margi
	ZOOM 6:30PM Zumba® with Heather	ZOOM 6:30PM Socacize® with Autumn	ZOOM 6:30PM BollyX with Kelly		
	Facebook Live Latin Dance 7:45PM		Facebook Live Latin Dance 7:45PM		

Zoom Meeting ID 665-324-6517 Email us – aimdance1@gmail.com for the password

Here are a few recommendations before and during class

- Join a few minutes before the scheduled time
- Keep your microphone off once class starts
- Wear proper footwear and attire to dance/workout
- Turn off other devices to help with streaming
- Have FUN Dancing Together from home

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.

Darlene may offer Nia in the Park (weather permitting) -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.

Facebook Live in our private group **ART IN MOTION (AIM) Dance Studio**

Message us in advance to become a member of this group.

Schedule is subject to change. Check social media for daily updates.

For more details email – aimdance1@gmail.com