



# Dance Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ZOOM</b> 9:30am Zumba® with Kelly Flash Fit	<b>ZOOM</b> 9:30am Zumba® Toning with Kelly	<b>ZOOM</b> 9:30AM Zumba with Kelly Flash Fit		<b>ZOOM</b> 9:30am Zumba® with Kelly Flash Fit	<b>ZOOM</b> 9:30am Zumba® with Margi
	<b>ZOOM</b> 6:30PM Zumba® with Heather	<b>ZOOM</b> 6:30PM Socacize® with Autumn	<b>ZOOM</b> 6:30PM BollyX with Kelly		
	<b>Facebook</b> 7:45PM LIVE Dance Tutorial		<b>Facebook</b> 7:45PM LIVE Dance Tutorial		

**Zoom Classes** are being offered at no charge  
 Donations to the [Nova Vita Domestic Violence Women's Shelter](#) are greatly appreciated

Zoom meeting 665-324-6517 message us for the password  
 Email – [aimdance1@gmail.com](mailto:aimdance1@gmail.com) Call – 519-720-0379

Message us in advance with any dance related questions before classes. **Schedule is subject to change.**  
**Check social media for daily updates.**

**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.

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

**Facebook Dance Tutorials** – Keep your dance skills sharp, try something new and dance with Kelly S. Live at 7:45pm in our Facebook group [ART IN MOTION\(AIM\) Dance](#) Video is available for reference after the live class.