



Dance Schedule

brantforddancelessons.com

Monday March 23	Tuesday March 24	Wednesday March 25	Thursday March 26	Friday March 27	Saturday March 28
LIVE STREAM 9:30am Zumba®	LIVE STREAM 9:30am Zumba® Toning 10:30am *Bonus Flash Fitness			LIVE STREAM 9:30am Zumba®	LIVE STREAM 9:30am Zumba®
		ZOOM 6:00pm Socacize®			
LIVE STREAM 8PM Salsa Party	LIVE STREAM 7PM Dancefit and Cuban Motion		LIVE STREAM 7PM Beg Blrm Review Rumba, Waltz patterns		

Click the link to join our Free - [ART IN MOTION \(AIM\) Dance Studio Facebook Group](#) page
We are waiving any fees for most classes at this time
 ZOOM Socacize class is a \$10 charitable donation

Ballroom Classes – You are welcome to go with through the differences between Rumba and Waltz and practice at home. No partner required. All welcome.

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

Toning- Dance with light weight Zumba Toning sticks if you have sticks at home. Free weights up to 5lbs may also be used. Or no sticks and just dance to tone your body and shake to the rhythm.

Flash Fitness- Maintain and develop overall strength, stability, range of motion and balance with a variety of exercises using a combination of equipment and your body weight.

Nia- Combining dance, martial arts & mindfulness, Nia is an experience addressing each aspect of your life - body, mind and soul. Low impact, dance barefoot, socks or runners. Have your spirits lifted combining dance, martial arts and mindfulness. [Enjoy a 30 day free offer for NiaTV followed by an offer for a 50% discount for a 6 month subscription](#)

Everybody DanceFit - Learn patterns in the Salsa, Cha Cha, Merengue, Samba & more.
 Plus technique for all levels of dancer and for everyone.

BollyX – Zumba class will include a variety of styles including some Bollywood and/or Belly Dance. Regular Classes will resume once we're back in the studio.

Socacize® - Feel sexy, sultry moving to Soca/Caribbean dance hall music & dance styles. Dress to workout and yoga mat is optional. [For AIM members Autumn will be doing a live lesson Wednesday March 25th at 6PM on Zoom:](#)

#stayhome #staysafe #keepconnected