



Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Saturday
9:30am Zumba®	9:30am Zumba® Toning			9:30am Zumba * 10:30am STRONG by Z *11:30am - Nia
6:00pm Zumba® Toning/ Sentao		6:00pm Socacize	*7:00pm BollyX®	* newt times in effect
7:00pm Nia	7:00pm Ladies Dance			
	8:00pm Zumba®			

Zumba®– Experience an exhilarating, effective, Latin-inspired, Dance Fitness class that makes working out a Blast!

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

Sentao- Using a chair as a tool for a full body workout that's a Blast!

STRONG by Zumba™ is HIIT workout synced to music for motivation & uses traditional fitness moves for a more athletic, conditioning-style workout. Bring a yoga mat

Ladies Dance Fit - Learn the Salsa, Cha Cha, Merengue, Samba & more.
Dress shoes preferred but runners can be worn to class.

Nia- Combining dance, martial arts & mindfulness, Nia is a holistic fitness practice addressing each aspect of your life - body, mind and soul.

BollyX – A Bollywood-inspired dance-fitness class that combines dynamic choreography & music!

Socacize- This blend of African and Caribbean music & dances will have you feeling like you're on vacation. Dress for a workout. Bring a yoga mat

1st class is Free 5 classes - \$25 (New participants)

Fitness Pass- 1 month \$40 2 months \$70 Drop-in- \$12

Punch card- 10 -\$80 20-\$150 30-\$180 *Bonus: Save the card for \$10 off

Website- brantforddancelessons.com **Email-** aimdance1@gmail.com **Call** 519-720-0379