



# Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Zumba®	9:30am Zumba® Toning			*9:30am Zumba® Starts March 16	9:30am Zumba 10:30am STRONG by Z 11:30am - Nia
6:00pm Zumba® Sentao		6:00pm Socacize	7:00pm BollyX®		
7:00pm Nia	7:00pm Ladies DanceFit				
	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 DanceFit** - Learn patterns in 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 class that combines dynamic choreography & music!

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

**1<sup>st</sup> 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](http://brantforddancelessons.com) **Email-** [aimdance1@gmail.com](mailto:aimdance1@gmail.com) **Call** 519-720-0379