



# Fitness Schedule

brantforddancelessons.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am Zumba®	9:30am Zumba® Toning		9:30am Nia	9:30am Zumba®	9:30am Zumba 10:30am Zumba Circuit 11:30am - Nia
	6:00pm Zumba®	6:00pm Socacize	7:00pm BollyX®		
7:00pm Nia	7:00pm Ladies DanceFit			For Updates of classes visit FB Page >>>	@brantford Zumba aimdance

(New participants only) **5 classes - \$25** Drop-in per class- \$10

**AIM Fitness Pass – unlimited classes**

**1 month \$45 / 2 months \$75 / 6 months \$195**

**AIM Punch Card - 10-\$80 or 30-\$180** \*Bonus: Save the card for \$10off

**BollyX** – A Bollywood-inspired dance/fitness class that includes pop and world music. Bring out your inner Rockstar.

**Ladies DanceFit** - Learn patterns in the Salsa, Cha Cha, Merengue, Samba & more. Dress shoes or 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.

**Socacize**- Move & sweat to Soca/Caribbean music & dances. You'll feel like you're on vacation. Dress to workout and yoga mat optional.

**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!

**Circuit** – High Intensity Interval training with traditional body weight and light weights for an awesome workout with the party feel of a Zumba class.