



# 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 STRONG by Z 11:30am - Nia
6:00pm Zumba® Sentao/SBZ	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

1<sup>st</sup> Class is Free / Drop-in- \$10 **5 classes - \$25** (New participants only)

**AIM Fitness Pass - 1 mth \$45 / 2 mths \$75 / 6 mths \$195**

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

**BollyX** – A Bollywood-inspired class that combines dance, fitness & music to help you feel like a rock star.

**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. Dress to workout and yoga mat optional.

**Socacize**- Move & sweat to Soca/Caribbean music & dances. You'll feel like you're on vacation.

**STRONG by Zumba™** is versatile program synced to music to motivate. Using fitness moves & modifications to keep participants safe and challenged - all levels welcome. Bring your yoga mat, towel and plan to push your limits.

**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!