



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 Ladies DanceFit				

Drop-in per class- \$10

Try 5 classes - \$25 (New participants only)

AIM Fitness Pass – Unlimited Classes

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

AIM Punch Card options – 10 class \$80 / 30 classes \$180

*Bonus: Save the card for \$10 off

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!

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

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

Ladies DanceFit - Learn patterns in the Salsa, Cha Cha, Merengue, Samba & more.
Dress shoes or runners can be worn to class.

Socacize- Feel sexy, sultry while we sweat to Soca/Caribbean music & dances.
Dress to workout and yoga mat optional.

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