



# Dance Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>9:30AM</b> Zumba with Kelly AIM Fit 1/2hr	<b>9:30AM</b> Zumba Toning with Kelly	<b>9:30AM</b> Nia Floorplay with Darlene	<b>9:30AM</b> Nia with Darlene	<b>9:30AM</b> Zumba with Kelly AIM Fit 1/2hr	<b>9:30AM</b> Zumba with Margi
			<b>6:30PM</b> Zumba with Kelly		
<b>7:00PM</b> BollyX with Kelly	<b>7:00PM</b> Dancefit with Kelly	<b>7:00PM</b> Line Dancing with Lesley			

Contact us to RSVP your spot for classes. Email – [aimdance1@gmail.com](mailto:aimdance1@gmail.com) Call – 519-720-0379  
*Schedule is subject to change. Check social media for daily updates.*

**Zumba®**– Join the Party! Our experienced team of instructors are part of the Zumba Instructor Network (ZIN), and the goal is to create a fun place to let loose! Check social media for updates on classes.

**Zumba Toning-** Dance with light weight Zumba toning sticks provided in studio. Tone your body while we shake to the rhythm. Same party of a regular class with extra attention to legs, arms, and core exercises.

**AIM Fit-** Focuses on muscle conditioning, body weight and light weight training. Feel stronger, toned with Canfit Pro group fitness instructor Kelly Sloat.

**BollyX®** –Dance, shimmy, shake just like being in a Bollywood movie with a variety of styles including Bollywood, Hip Hop, Folk, and Belly Dance. High and low options given.

**Dancefit** - A feminine energy class where we explore how to move your body with confidence no matter your shape, size, or dance level. Incorporating patterns in Salsa, Cha Cha, Merengue, Samba & more. Dressy casual attire. Dress shoes or runners can be worn to class. Low impact.

**Line Dancing:** No Partner Needed. Dances include Cheater's Waltz, Bossa Nova, Senorita & more.

**Nia** is a playful, holistic fitness practice crafted to an eclectic collection music. Nia is sourced from the movements and energies of dance arts, martial arts, and healing arts and adaptable to every level of ability. No previous experience is necessary. You will be guided to listen to the wisdom of your body and choose the movement speed, range and intensity that feels right for you. Come for a Nia sampler someday soon!

**Nia FloorPlay:** is a down on-the-floor or on-the-mat class. Participants will be guided to creatively condition and nurture their bodies from fingers to toes, guided by the element of play. Increased flexibility, agility, mobility, stability, and strength arise through movements based in healing arts. Come for a great mid-week self-care session!