



Dance Fitness Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|-----------|--------------------------------------|---|--------------------------------------|
| 9:30AM Zumba with Kelly AIM Fit 1/2hr | 9:30AM Zumba Toning with Kelly (Sentao the Last 2 weeks of Month) | | 9:30AM Nia with Darlene | 9:30AM Zumba with Kelly AIM Fit 1/2hr | 9:30AM Zumba with Margi |
| | | | 6:30PM Zumba with Kelly | | |
| 7:00PM BollyX with Kelly | 7:00PM Dancefit with Kelly | | | | |

Contact us to RSVP your spot for classes. Email – 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.

Zumba Sentao® - A Dance-fitness program that uses a chair as a partner for resistance training to enhance muscle strength, definition, and endurance. It provides a full-body, low-impact workout that strengthens the core.

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!