



Dance Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30AM Zumba® with Kelly AIM Fit	9:30AM Zumba® Toning with Kelly		9:30AM Nia	9:30AM Zumba® with Kelly AIM Fit	9:30AM Zumba® with Margi
	6PM Beginner Line Dancing	6:30PM Socacize® with Autumn	6:30PM Zumba® with Heather		
7PM BollyX With Kelly	7PM Dancefit	7:30PM Intermediate Line Dancing			

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 provided in studio. Or dance with no sticks and tone your body while we shake to the rhythm. **Zumba Gold** – Same party low impact

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.

Socacize® Feel sexy, sultry moving to Soca/Caribbean dance hall music & dance styles. Bring your own Yoga mat and prepare to party with these hot tracks and dance moves.

Dancefit A feminine energy dance 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.

Ballroom & Latin Line Dancing 6 week Session: No Partner Needed. Dances include Cheater's Waltz, Bossa Nova, Senorita & more.

Nia: Combining dance, martial arts & mindfulness. Nia is a holistic fitness practice addressing each aspect of your life- body, mind and soul. Low impact, you will have your spirits lifted.

*Bring your own yoga mat.