

# Balance DNCE *and Fitness*

Discover. Nourish. Celebrate. Exercise.

Balance DNCE Schedule - Fall 2023							
Class	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Aerial</b>							
Aerial (silks - sling) (teen/adult)	Erin			8:30 PM			
Aerial (silks - sling) - Beginner	Erin					11:00 AM	
<b>Ballet</b>							
Intro to Ballet	Alex			7:30 PM			
Ballet - Beg	Alex			10:30 AM			
Ballet - Int	Alex		7:00 PM				
<b>Bungee Fit</b>							
Bungee Fit L1	Darby				10:00 AM		
Bungee Fit L2	Dani		9:00 AM				
<b>Belly Dancing</b>							
Belly Dance - Beg	Stacey	7:00 PM					
Belly Dance - Mixed Level	Stacey	8:00 PM					
<b>BUTI</b>							
Hot Core BUTI® Sculpt	Christine		10:00 AM				
BUTI® Yoga	Christine				9:00 AM		
<b>Cardio Dance/Dance Fit</b>							
Cardio Dance	Monica		10:00 AM				
<b>Heels</b>							
Heelz	Monica					10:00 AM	
Heelz	Mandy	7:00 PM					
<b>Hip Hop</b>							
Hip Hop Beg	Kiara		8:30 PM				
Hip Hop Beg/Int	Daniel				12:00 PM		
Hip Hop Int	Haley		12:00 PM				
Sassy Hip Hop (Beginner friendly)	Natalia			11:00 AM			
Hip Hop - Break Dance (teen/adult)	Grandmaster Bass						10:00 AM
<b>JAM Dance Fit™</b>							
JAM Dance Fit™	Andi			9:30 AM		9:00 AM	
JAM Dance Fit™	Krista	9:30 AM			6:00 PM		
JAM Dance Fit™	Krystel	5:30 PM					
<b>Jazz</b>							
Broadway Jazz	Meagan	11:30 AM					
Jazz (Int)	Mandy		11:00 AM				
Jazz Funk	Mandy				11:00 AM		
<b>Latin</b>							
Latin (no partner required)	Jak		8:00 PM				
<b>Modern</b>							
Modern - Beg	Alex		8:00 PM				
<b>Tap</b>							
Tap Beg	Mica	8:00 PM					
<b>Yoga</b>							
Flowing Yoga	Mandy	10:30 AM					
Yoga for Strength & Flexibility (teen/adult)	Paradise			6:30 PM			
Gentle Yoga (45 min)	Paradise					10:15 AM	

\*Schedule subject to change

## PRICING

4 credits = 1 hour class

Drop In Rate \$20

Silver \$75/20 Credits

Gold \$180/60 Credits

Platinum \$165 UNLIMITED/Month