

Balance DNCE *and Fitness*

Discover. Nourish. Celebrate. Exercise.

Balance DNCE Schedule - Winter 2024							
Class	Instructor	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aerial							
Aerial (silks - sling) (teen/adult)	Erin			8:30 PM			
Aerial (silks - sling) - Beginner	Erin					11:00 AM	
Ballet							
Intro to Ballet	Alex			7:30 PM			
Ballet - Int	Alex		7:00 PM				
Bungee Fit							
Bungee Fit L1	Darby				10:00 AM		
Bungee Fit L1	Dani		9:00 AM				
Belly Dancing							
Belly Dance - Beg	Stacey	7:00 PM					
Belly Dance - Mixed Level	Stacey	8:00 PM					
BUTI							
Hot Core BUTI® Sculpt	Christine		10:00 AM				
BUTI® Yoga	Christine				9:00 AM		
Cardio Dance/Dance Fit							
Cardio Dance	Monica		10:00 AM				
Contemporary							
Contemporary	Mandy				11:00 AM		
Heels							
Heelz	Monica					10:00 AM	
Hip Hop							
Hip Hop Beg/Int	Daniel				12:00 PM		
Hip Hop Int	Haley		12:00 PM				
Sassy Hip Hop (Beginner friendly)	Natalia			11:00 AM			
JAM Dance Fit™							
JAM Dance Fit™	Andi			9:30 AM		9:00 AM	
JAM Dance Fit™	Krista	9:30 AM			6:00 PM		
JAM Dance Fit™	Krystal	5:30 PM					
Jazz							
Jazz (Int)	Quinton		11:00 AM				
Latin							
Latin (no partner required)	Jak		8:00 PM				
Modern							
Modern - Beg	Alex		8:00 PM				
Yoga							
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