



# January '10 Term Classes

## Adult Dance & Fitness Classes

<b>Mondays</b>	<b>Time</b>	<b>Studio</b>
Weight Management	10:30 am – 12:00 pm	1
Latin Cardio	7:15 pm – 8:15 pm	2
Ballroom & Latin <i>Improvers</i>	7:15 pm – 8:15 pm	1
Ballroom & Latin <i>Beginners</i>	8:15 pm – 9:15 pm	1
Hip Hop	8:15 pm – 9:15 pm	2
<b>Tuesdays</b>	<b>Time</b>	<b>Studio</b>
Pilates	11:00 am – 12:00 pm	1
Yoga	7:00 pm – 8:30 pm	3
Argentine Tango <i>Beginners</i>	7:30 pm – 8:30 pm	2
Hip Hop	8:00 pm – 9:00 pm	1
Argentine Tango <i>Improvers</i>	8:30 pm – 9:30 pm	2
Lindy Hop / Swing	8:30 pm – 9:30 pm	1
Yoga	8:30 pm – 10:00 pm	3
<b>Wednesdays</b>	<b>Time</b>	<b>Studio</b>
Yoga	10:00 pm – 11:30am	1
Pole Fitness <i>Beginners</i>	6:30 pm – 7:30 pm	2
Pole Fitness <i>Beginners/Continuation</i>	7:30 pm – 8:30 pm	2
Pole Fitness <i>Improvers</i>	8:30 pm – 9:30 pm	2
Pilates	7:00 pm – 8:00 pm	1
<b>Thursdays</b>	<b>Time</b>	<b>Studio</b>
Salsa <i>Beginners</i>	7:30 pm – 8:30 pm	1
Ballet	7:30 pm – 8:30 pm	2
Salsa <i>Improvers</i>	8:30 pm – 9:30 pm	1
Jazz	8:30 pm – 9:30 pm	2
<b>Thursdays</b>	<b>Time</b>	<b>Studio</b>
Aerobics (Fifty Plus)	11:00 am – 12:00 pm	1