

# DANCE FITNESS CLASSES

MEMBERSHIP VALUE-ADDED CLASSES

the



## Movin' & Groovin' M & W & F 10AM

A mixture of dance including Zumba-style exercises. Come get your groove on while learning a fun way to workout without knowing you are doing it.

## Dance Fitness M & W 6:30PM

Dance Fitness combines fast and slow rhythms that tone and sculpt the body using principles from aerobics and fitness.

## Sensational U M 10AM

A full, but gentle cardio workout that can be easily modified for all fitness levels. Improve mindfulness, self-appreciation and body wisdom.

## Middle Eastern Belly Dance Th 5:30PM

BEGINNER/INTERMEDIATE is for dancers with no prior experience and those with limited experience ADVANCED is structured for the experienced dancer.

\*Must be 16 years old \*

## Mediterranean Dance Fusion W 5:30PM; F Noon

Learn exotic traditional dance moves influenced Greek, Turkish, Egyptian, and Persian cultures.