

SUMMER FUN

Class Schedule



10:30AM Zumba Dance Party
 11:30AM Rockin' Step Aerobics and Body Sculpt (Aerobic Step Class)
 12:30PM Rock Star Jamz (Hip-Hop Jazz Funk)
 6:00PM Afro-Caribbean Grooves (West African Dance Fitness) 70 Mins



10:30AM Adult Ballet Dance & Sculpt
 6:30PM Zumba Dance/Sculpt & Tone
 7:30 PM Old School Hip-Hop Fundamentals



11:30AM Rockin' Body Sculpt Tone (Boot Camp)
 6:15PM Adult Ballet Dance Workout
 7:15PM Bollysoul (Bollywood Dance Fitness)
 8:15PM Afro-Jazz Hip-Hop Dance Fit



10:30AM Afro-Caribbean Latin Grooves
 5:30PM Piloxing (Pilates, Boxing, Barre, Sculpt)
 6:30PM Rockin Cardio Kick Boxing Body Sculpt (Boot Camp)
 7:30PM Rock Star Jamz (Hip-Hop Jazz Funk)



5:30PM Zumba Dance Party
 6:30PM Funky Step Grooves & Sculpt (Aerobic Step Class)
 7:30PM U-JAM Fitness (With Jerod)



11:00AM Old School Hip-Hop Fundamentals
 5:30PM YIN Yoga & Stretch (Starting 6/23/17)
 6:30PM Zumba Dance Party
 7:30PM Afro-Caribbean Latin Grooves



10:35AM Afro-Jazz Hip-Hop Dance Fit
 11:30AM Zumba Hip-Hop
 3:00PM Old School Hip Hop Fundamentals

Please check in for classes online at least 2hrs prior to class time.

Classes may be cancelled without advanced sign up!

WWW.ROCKSTARDANCEFITNESS.COM



NEW STUDENTS

5 Classes* for \$45

Unlimited 30-Day Pass \$109**

SUMMER SPECIAL

10 Classes for Only \$118

*Some restrictions apply; must be used within 30 days of first class.

** Limit one Class per person per day.