

January 2022

Monday	Tuesday	Wednesday	Thursday
3 Dance Fitness w/ Kelcie 430-515	4 Asana Yoga w/ Julie 430-515	5 Yoga Flow w/ Melora 430-515	6 Dance Fitness w/ Amber 430-515
10 Dance Fitness w/ Kelcie 430-515	11 Asana Yoga w/ Julie 430-515	12 Yoga Flow w/ Melora 430-515	13 Dance Fitness w/ Amber 430-515
17 No School / No Class	18 Asana Yoga w/ Julie 430-515	19 Yoga Flow w/ Melora 430-515	20 Dance Fitness w/ Amber 430-515
24 Dance Fitness w/ Kelcie 430-515	25 Asana Yoga w/ Julie 430-515	26 Yoga Flow w/ Melora 430-515	27 Dance Fitness w/ Amber 430-515
31 Dance Fitness w/ Kelcie 430-515			

Dance Fitness w/ Kelcie

A fun, combination of Zumba and dance. A medium to high intensity class that puts movement to music for All levels.

Asana Yoga W/ Julie

All level class focusing on mindful movement, foundational Asana movements, and self-care. Breathing, stretching and alignment, foundational Asana poses and relaxing restorative poses.

Yoga Flow W/ Melora

Focus on the body, mind, spirit connection, proper alignment, breathing and overall mental health techniques. For all levels

Dance Fitness w/ Amber

An energetic fusion of kickboxing and dancing. For all levels and provides a HIIT type workout.