

1st Class is Always FREE!



effective **November 3, 2015**

EASTCOAST dance&fitness **FITNESS SCHEDULE**

Space is Limited - Please Register in Advance for ALL classes.

Studio Z - 45 Crane Ave East Longmeadow - (West Entrance @ Healthtrax)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8:30-9am Music & Motion (0-3) *Monthly*
		9:30-10:30am Zumba Toning® w/Carol		9:30-10:30am Zumba Toning® w/Carol		9:15 - 10:15am Zumba® +
						Specialty Class
			4-5pm ZumbaToning® w/Carol			11-11:45am Ballet, Jazz & Tumbling (6-10) *Monthly*
	5:30-6:15pm Kids Cardio Dance		5:30-6:15pm Kids Cardio Dance			11:45-12:30pm Ballet, Jazz & Tumbling (3-5) *Monthly*
	6:15-7pm Zumba® "45" w/Elizabeth	6:15-7pm Zumba Toning® w/Tiffany	6:15-7pm Ballet Barre w/Lee-Ann	6:30-7:30pm Zumba® + w/Joanna	Specialty Class	1-1:45pm Dance for Special Needs *Monthly*
	7-7:45am Ballet Barre w/Elizabeth		7-8pm Glow Zumba® w/Lee-Ann			

FITNESS CLASS FEES

Registration Fee \$10
Walk-In Fee \$8
24hr Advance Sign-up \$7

10 Punchcard (Prices will increase in 2016)

healthtrax member \$45
non-member \$55

In the process of scheduling
Ploxing, Piloxing Barre, Pound,
Irish Step, Xercise Lab, SarQui,
Ballroom and Dance Yoga.

**CALL TO INQUIRE
ABOUT OUR SPECIALS**

Interested in another type of
class cardio and/or dance
related - please contact me to
schedule something for your
interest.

