



WINDWOOD HILL DANCE ACADEMY

2020-2021

FITNESS CLASS SCHEDULE

<input checked="" type="checkbox"/>	Class Name:	Day:	Time:	Amount per Class:
<input type="checkbox"/>	Slow Flow Yoga/MONTROSE	Monday	9:30-10:30am	\$8
<input type="checkbox"/>	Move Fitness/MONTROSE Move to your own beat in this fun Improvisational based class!	Monday	10:45-11:30am	\$7
<input type="checkbox"/>	Tappercize/MONTROSE Get in shape while learning to Tap Dance!	Monday	11:30-12:15pm	\$7
<input type="checkbox"/>	PUMP FITNESS with VITO! Intense, fun high energy workout!	Monday	6:30-7:30pm	\$10
<input type="checkbox"/>	Slow Flow Yoga/MONTROSE	Wednesday	9:30-10:30am	\$8
<input type="checkbox"/>	Barre Fitness/MONTROSE Ballet based class that focuses on Strengthening and Toning!	Wednesday	10:45-11:30am	\$7

*Fitness Classes begin September 14th at WHDA's Montrose Location(96 High St.)

*Multiple class discounts are available.

*Classes may be cancelled due to limited enrollment, vacations, illness, etc...

*Registration forms & Waivers must be signed (at the Studio) by each participant before beginning any fitness class at WHDA.

*For more details about WHDA's Fitness Program Call: 570-396-3822 or visit our Website:

www.windwoodhilldance.com

*Visit and like our Facebook page: Windwood Hill Dance Academy

