

Dance Alive Winter Fitness Schedule Begins November 14th!!!

Monday:

10-11am H.E.A.T. (total body conditioning)
11-12am Belly dance fitness (all levels)
5:30-6pm Kid's Zumba (ages 6-12)
6-7pm Zumba Toning
7-8pm Zumba

Tuesday

10am Zumba
11am Zumba Gold
5:30-6:30 Private Lesson scheduled
6:30-7:30 Zumba Toning
7:30-8:30pm Zumba with Nicole Issert!!
7:30-8:30pm Belly Dance Fitness with Tara Wells! (all levels)

Wednesday

10-11am Zumba Toning
11-12pm Belly Dance Fitness (all levels)
8:15-9:15pm Zumba

Thursday

10-11am Zumba
11-12pm Zumba Gold
5:30-6:30pm Zumba Toning
6:30-7:30pm Belly Dance fitness (all levels)
7:30-8:30pm Zumba

Friday

10-11am Zumba Toning
11-12pm Abs and Stretching
6:30-7pm Kid's Zumba (ages 6-12)
7-8pm H.E.A.T. (total body conditioning)
8:30-9:30pm Glow in the dark Zumba (wear white and neon colors!)

Saturday

10-11am Zumba with Janice Taylor!!

Sunday

3-4pm Zumba
4-5pm Total Body Conditioning Floor Aerobics

All classes instructed by Tara Wells, Nicole Issert, and Janice Taylor with Creative Dance and Fitness. For prices and Punch Card information visit: www.creativedanceandfitness.com

New punch card prices as of Nov 14th:

10 class punch card for: \$60

Kid's Zumba 10 class card: \$40

Adult Drop in rate: \$8 per class

Kid's Drop in rate: \$6 per class

Classes meet at the New Location!

293 South Creek Drive, Manteno IL 60950

Contact: Tara Wells (815) 922-3489

