

Alton Dance Academy Fitness Schedule 2017 – 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Senior Stretch 10:00-11:00AM Jenn	CIZE (Express) 5:30-6:00PM Deb	Booty Barre® 8:30-9:30AM Ashley LeClerc	Senior Stretch 10:00-11:00AM Jenn	Strong by Zumba® 8:00-9:00AM Sherry	Zumba® 8:00-9:00AM Sherry
Senior Exercise 11:30AM-12:30PM Jenn	Strong by Zumba® 6:00-7:00PM Sherry	Booty Barre® 5:30-6:30PM Ashley LeClerc	Senior Exercise 11:30AM-12:30PM Jenn	CIZE (full class) 9:30-10:30AM Deb	Pilates 8:00-8:45AM Ashley LeClerc
Booty Barre® 5:45-6:45PM Ashley LeClerc					
Zumba® 6:45-7:45PM Sherry		Zumba® 6:45-7:45PM Sherry	Yoga 6:30-7:30PM Karen	Alton Dance Academy 7 School St. - PO 261 Alton, NH 03809	
Yoga/Barre/Pilates- \$10 to drop in (punch cards available) Zumba/Strong by Zumba- \$8 to drop in (punch cards available) Cize/ Cize Express. \$10/\$7 to drop in respectively Senior Stretch/Senior Exercise - \$5 per class.				ashley@altondanceacademy.com (603) 875-3623 www.altondanceacademy.com	