



379 SALEM STREET, MEDFORD, MA 02155

www.thedancehaven.com

781-391-0677

ADULT DANCE FITNESS & ZUMBA 2014 FALL/WINTER SCHEDULE SESSION STARTS SEPTEMBER 15TH – DECEMBER 20TH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZUMBA 6:30 – 7:30 PM	HIGH LOW CARDIO 7:00 – 8:00 PM	ZUMBA 6:30 – 7:30 PM	CARDIO BLAST & CORE 6:30 – 7.30 PM	ZUMBA 6:00 – 7:00 PM	ZUMBA 9:30 AM
ADULT TAP 7:30 – 8:30 PM	POWER SCULPTING 8:00 – 8:45 PM	ADULT BALLET BARRE WORKOUT 7:30 – 8:30 PM			

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**STUDENTS MUST FILL OUT A ONE-TIME REGISTRATION FORM BEFORE ATTENDING
STUDENTS UNDER 18 YRS OLD MAY TAKE ZUMBA BUT MUST HAVE PARENT REGISTER THEM.
CLASS CARDS AVAILABLE FOR 10 CLASSES**

Updated as of 9/1/14

TRY YOUR FIRST ZUMBA CLASS AT THE DANCE HAVEN FOR FREE!

**DROP IN RATE IS \$5.00 FOR ZUMBA & FITNESS
\$10.00 FOR BOOT CAMP & ADULT TAP
CLASS CARDS AVAILABLE FOR 10 CLASSES**

**THERE WILL BE NO FITNESS CLASSES
HELD ON THE FOLLOWING DATES:**

**OCTOBER 10TH & 11TH
OCTOBER 31ST
NOVEMBER 27TH TO 29TH**