

ALL VIRTUAL & ONSITE CLASSES ARE  
AVAILABLE AGES 18 & UP

ASK ABOUT PERSONAL TRAINING AND  
PRIVATE GROUP SESSION!

\$8.00 DROP IN / \$50 10 Class Pass

\$40 VIP Month Unlimited, \$80 VIP Plus Month

Unlimited (\$10 VIP Class Drop In)

All Classes require pre-registered to reserve space

both on site and on ZOOM

through our link online at [www.dhfitcrew.com](http://www.dhfitcrew.com).



379 SALEM STREET, MEDFORD, MA 02155  
WWW.THEDANCEHAVEN.COM  
WWW.THEDHFITCREW.COM

**SCHEDULE AUGUST 25TH –DECEMBER 19<sup>TH</sup>**  
**JOIN OUR NEIGHBORHOOD FITNESS HAVEN!**

**DOWN LOAD STUDIOBOOKINGS AP TO REGISTER AND RESERVE SPACE IN CLASS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	8:00- 9:00 AM Power Yoga Studio A	6:30 -7:30 AM VIP HIIT Studio A		6:30 -7:30 AM VIP HIIT Studio A	8:00-9:00 AM Yoga Sculpt Studio A	
	9:15-10:15 AM Muscle Madness Studio A		9:15 -10:00 AM Power Sculpting Studio A			
	4:30 -5:30 PM Yoga Sculpt Studio A		4:45 -5:30 PM HIIT/TABATA Studio A			
6:00-7:00 PM Zumba & Power Sculpting Studio A	7:00PM Ballet Barre Workout Studio A					
	7:15 PM Adult Tap Studio B	7:30 – 8:30 PM Zumba & Power Sculpting Studio B				

Please arrive early to class as doors will be locked until class is ready for entry. Zoom will start when LIVE class starts.

**DUE TO COVID-19 YOU MUST WEAR A MASK AND BRING EQUIPMENT, MAT, TOWEL, ETC. TO ALL IN STUDIO CLASSES PER CDC AND STATE GUIDELINES. All payments are final and non-refundable.**