

IN STUDIO & VIRTUAL CLASSES ARE AVAILABLE AGES 18 & UP. ASK ABOUT PERSONAL TRAINING AND PRIVATE GROUP SESSIONS!

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

\$40 VIP Month Unlimited, \$80 VIP Plus Month Unlimited (\$10 VIP Class Drop In) Other Packages and On Demand DH Fit Crew On

The Go Available on our booking site. Sign up to become a member on our Studio Bookings AP & get your First Class FREE.

Once you become a member you can purchase packages and reserve space in class.



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

**YOUR NEIGHBORHOOD FITNESS HAVEN SCHEDULE AS OF JUNE 1, 2021  
DOWN LOAD STUDIOBOOKINGS AP TO REGISTER & AND RESERVE SPACE IN CLASS**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	9:15-10:15 AM Muscle Madness 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 Studio A Ends 6/12	
11:00 AM – 12:00 PM Power Yoga Studio A	12:00-1:00 PM Fit Mix Flow Studio A		9:15 -10:00 AM Power Sculpting Studio A		9:00-10:00 AM Yoga Sculpt Studio A Studio A starts 6/26	
	4:30 -5:30 PM Yoga Sculpt Studio A	7:15-8:00 PM Fit Crew Barre Expresse Studio A				
6:00-7:00 PM Zumba & Power Sculpting Studio A	7:00PM Ballet Barre Workout Studio A	6:30 – 7:30 PM Zumba & Power Sculpting Studio B Starts 6/23	5:15-6:00 PM HIIT/TABATA Studio A			
7:15 -8:15 PM Adult Dance Mix Studio A	7:15- 8:00 PM Adult Tap Studio B	7:15-8:00 PM Fit Crew Barre Expresse Studio A				

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

**MASKS ARE REQUIRED TO ENTER BUT CAN BE OPTIONAL WHILE TAKING CLASS. All payments are final and non-refundable.**

ZUMBA® and the Zumba Fitness logo are trademarks of Zumba Fitness, LLC, used under license. www.zumba.com