

Long Valley Dance  
200 Branscomb Road  
Laytonville, CA



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## Adult Dance and Fitness Schedule – Fall 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:50 - 7:20AM <b>Strength Training</b> w/ Tonya <b>Gym</b>		6:50 - 7:20AM <b>Strength Training</b> w/ Tonya <b>Gym</b>		6:50 - 7:20AM <b>Strength Training</b> w/ Tonya <b>Gym</b>	All dance and fitness classes are drop-in.  Prices vary from \$5-\$10 a class.
8:10 – 8:55AM <b>Insanity/P90X</b> w/ Judy <b>Rm 8</b>		8:10 – 8:55AM <b>Insanity/P90X</b> w/ Judy <b>Rm 8</b>		8:10 – 8:55AM <b>Insanity/P90X</b> w/ Judy <b>Rm 8</b>	
9 – 10:30AM <b>Power Flow Yoga</b> w/ Tara <b>Rm 9</b>	9:30 – 11AM <b>Soul Shine, Booty Shake</b> w/ Carmen <b>Rm 9</b>		9:30 – 11AM <b>Soul Shine, Booty Shake</b> w/ Carmen <b>Rm 9</b>	9 – 10:30AM <b>Long Valley Dance Collective</b> <b>Rm 9</b>	Some classes offer punch cards or monthly plans.
10 – 11AM <b>Inner Strength</b> w/ Kimber <b>Rm 8</b>	10 - 11:30AM <b>Gentle Yoga</b> w/ Mary <b>Rm 8</b>	10 – 11AM <b>Inner Strength</b> w/ Kimber <b>Rm 8</b>		10 – 11AM <b>Inner Strength</b> w/ Kimber <b>Rm 8</b>	
		10:30 – 11:30AM <b>Belly Dance</b> w/ Hope <b>Rm 9</b>	12 - 1:30PM <b>Gentle Yoga</b> w/ Mary <b>Rm 8</b>		
		5:30 – 6:30PM <b>Adult ZUMBA</b> w/ Tiphain Starts Sept 11th <b>Rm 9</b>			
7:30 – 8:30PM <b>Belly Dance</b> w/ Hope <b>Rm 9</b>	6:30 - 7:45PM <b>Evening Yoga</b> w/ Crystal Starts Sept 10th <b>Rm 9</b>	6:30 – 7:30PM <b>Afro-Soca Punta</b> w/ Tiphain Starts Sept 11th <b>Rm 9</b>			Updated 8/30/2019