

Long Valley Dance
200 Branscomb Road
Laytonville, CA



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Adult Dance and Fitness Schedule – Spring 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:50 - 7:20AM Strength Training w/ Tonya Gym		6:50 - 7:20AM Strength Training w/ Tonya Gym		6:50 - 7:20AM Strength Training w/ Tonya Gym	All dance and fitness classes are drop-in.
8:10 – 8:55AM Insanity/P90X w/ Judy Rm 8		8:10 – 8:55AM Insanity/P90X w/ Judy Rm 8		8:10 – 8:55AM Insanity/P90X w/ Judy Rm 8	
9 – 10:30AM Power Flow Yoga w/ Tara Rm 9	9 – 10AM Restorative Yoga w/ Amanda Rm 8	9:15 – 10:15AM Pilates Mat w/ Sheila Rm 9		9 – 10:30AM Long Valley Dance Collective Rm 9	Some classes offer punch cards or monthly plans.
10 – 11AM Inner Strength w/ Kimber Rm 8	9:30 – 10:45AM Soul Shine, Booty Shake w/ Carmen Rm 9	10 – 11AM Inner Strength w/ Kimber Rm 8	9:30 – 10:45AM Soul Shine, Booty Shake w/ Carmen Rm 9	10 – 11AM Inner Strength w/ Kimber Rm 8	
	10 -11:30AM Gentle Yoga w/ Mary Rm 8	10:30 – 11:30AM Belly Dance w/ Hope Rm 9			10 - 11:30AM Gentle Yoga w/ Mary Rm 8
			12 - 1:30PM Gentle Yoga w/ Mary Rm 8		
7:30 – 8:30PM Belly Dance w/ Hope Rm 9			6 - 7:30PM Evening Yoga w/ Crystal Rm 8		Updated 2/6/2019