




LONG VALLEY DANCE

200 Branscomb Road, Laytonville
longvalleydancers@yahoo.com

www.longvalleydance.org
www.facebook.com/longvalley.dance

2023 Dance and Fitness Schedule

All Classes Drop-in \$10 per Class

Monday	Tuesday	Wednesday	Thursday	Friday
7:30 - 8AM Butts and Guts w/ Paige	7:30 - 8AM Butts and Guts w/ Paige	7:30 - 8AM Butts and Guts w/ Paige	7:30 - 8AM Butts and Guts w/ Paige	
		8:30 - 10AM Morning Adult Yoga w/ Crystal		
	9:15-10:45AM Soul Shine Booty Shake w/ Carmen	10:15 – 11:15AM Curls and Core Strength w/ Crystal		9:45-11:15AM Soul Shine Booty Shake w/ Carmen
11:45AM – 12:45PM Pre-Jazz w/ Paige Ages 0-4 Preschool		11:45AM – 12:45PM Creative Movement w/ Crystal Ages 0-4 Preschool	11:45AM – 12:45PM Pre-Tap w/ Paige Ages 0-4 Preschool	Want to rent a studio? Contact for details.
	2-3PM Ballet w/ Rhiannon Ages 5 and up			
3-4PM Beginning Jazz w/ Paige Ages 5 and up	3-4PM Beginning Hip Hop w/ Rhiannon Ages 5 and up	3-4PM Beginning Creative Tumble/Yoga/Hoops w/ Crystal Ages 5 and up	3-4PM Beginning Tap w/ Paige Ages 5 and up	Scholarships available.
4 – 5PM Jazz w/ Paige Ages 7 and up	4-5PM Hip Hop w/ Rhiannon All Ages	4 – 5PM Advanced Creative Yoga/ Tumble/Hoops w/ Crystal Ages 7 and up	4 – 5PM Tap w/ Paige Ages 7 and up	Questions? Email, Facebook message or call 707-841-7220
	6:45-8PM Dance Fusion w/ Rhiannon Adult and High School	6:30 – 8PM Evening Yoga w/ Crystal Adult and High School		Updated 1/9/2023

Long Valley Dance (LVD) is Laytonville's community dance and fitness center where all are welcome. Our mission is to create a fun, safe environment that encourages the whole family to participate in arts and fitness. LVD is a non-profit under Harwood Memorial Park, Inc supported by the Community Foundation of Mendocino County.