



LONG VALLEY DANCE

200 Branscomb Road, Laytonville
 longvalleydancers@yahoo.com

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

Fall 2022 Dance and Fitness Schedule

| 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 | | |
| 9:45-11AM Soul Shine Booty Shake w/ Carmen |  | 10:15 - 11:15AM Curls and Core Strength w/ Crystal | 9:45-11AM Soul Shine Booty Shake w/ Carmen | All classes Drop-in \$10 per class |
| 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 | Scholarships available. |
| | 1:45 - 2:45PM Ballet w/ Rhiannon Ages 5 and up |  | | |
| 2:45 - 3:45PM Beginning Jazz w/ Paige Ages 5 and up | 3-4PM Beginning Hip Hop w/ Rhiannon Ages 7 to 11 | 2:45 - 3:45PM Beginning Creative Tumble/Yoga/Hoops w/ Crystal Ages 5 and up | 2:45 - 3:45PM Beginning Tap w/ Paige Ages 5 and up | Want to rent a studio? Contact for details. |
| 4 - 5PM Jazz w/ Paige Ages 7 and up | 4-5PM Hip Hop w/ Rhiannon Ages 12 and up | 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 10/27/2022 |

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.