

“Dancing Naughty is **Good for the Body**” - *Ann Saldi*

Autumn 2011 Class Menu (11-7-11)

A Dance and Fitness Menu for All Tastes

Morning Classes						
SUN	MON	TUE	WED	THU	FRI	SAT
9:00-10:00 Spinning/Kranksing* Joleen	6:00-7:00 Spinning/Kranksing* Aimee	8:30-9:30 Spinning/Kranksing* Jesse	6:00-7:00 Spinning/Kranksing* Jesse		6:00-7:00 Spinning/Kranksing* Aimee	8:00-9:00 Spinning/Kranksing* Jesse
	8:30-9:30 Spinning/Kranksing* Aimee	9:30-10:15 Dancing with the STEPS Ann	8:30-9:30 Spinning/Kranksing* Aimee/Jesse	8:30-9:30 Yoga Abby	9:30-10:30 Zumba® Ann	
10:00-11:00 Zumba® Erin	9:30-10:30 Zumba® & Kickboxing (30 Mins Each) Andria	10:15-10:45 VaVaVoom Tease & Tone (30 Mins) Ann	9:30-10:30 Zumba® Ann	9:30-10:30 Body Bar Burn Aimee	10:30-10:45 VaVaVoom Abs (15 min) With Ann	9:00-10:00 Body Bar Burn Aimee
	10:30-11:00 VaVaVoom Sculpt (30 Mins) Andria		10:30-10:45 VaVaVoom Abs (15 min) Ann			10:00-11:00 Zumba® Shannon
Evening Classes						
5:30-6:30 Spinning/Kranksing* Aimee		4:00-5:00 Spinning/Kranksing* Jesse	4:00-5:00 Spinning/Kranksing* Aimee/Jesse		4:00- 5:00 Spinning/Kranksing* Aimee/Jesse	
	5:30-6:30 Spinning/Kranksing* Aimee	5:30-6:30 Body Bar Burn Aimee	5:30-6:30 “Easy Does it” Zumba® Gina	5:30-6:30 Spinning/Kranksing* Aimee	5:30-6:30 Zumba® Erin	
	6:30-7:30 Zumba® Erin	6:30-7:30 Hip Hop Hotties Ann	6:30-7:30 Zumba® Gina 7:30-8:30 Zumba® Monica	6:30-7:30 HIP-NOTIC Cardio Belly Dance Ann	Friday Night VaVaVoom Specialty Parties Available	

Class Menu

Descriptions

REGULAR CLASSES

Body Bar Burn: This intense total body conditioning class utilizes body bars and free weights to build lean muscle while strengthening and toning your entire body.

Dancing with the STEPS: Ann has brought back step in a dance style, fun-filled class. This is not your up, up, down, down everyday step class. INSTEAD you will be dancing on the floor as well as on, over, around and across the Step. All Fitness levels are welcome.

Hip Hop Hotties: This easy to master Hip Hop class has the right combination of street style jazz, pop, and burlesque to give you one smokin' hot workout. We'll have you moving like a Hottie in no time. Perfect for all levels!

HIP-NOTIC Belly Dance: Bellydancing is FUN!! This class takes a unique, cardiovascular approach to bellydance, resulting in a fun and healthy way to learn the ancient art. Unleash your inner GODDESS!! All levels are welcome.

Kickboxing: Learn how to effectively throw punches and kicks that tone and sculpt the body. While learning the basics of martial arts you will get an amazing total body workout.

KRANKING® (VAVA SPIN): is similar to the cardio that Spinning provides. Instead of a stationary spin bike moving your legs the workout uses an arm cranking machine called a Krankcycle®. Kranking® is the first exercise program to focus on the upper body as a way to build cardio fitness. If one is not able to Spin due to disabilities in the lower body, no problem, Krankcycle® is easily removable for wheelchair access. Kranking® is also fused with **Spinning**.

SPINNING (VAVA SPIN): is a calorie burning cardiovascular indoor group stationary cycling program with expert coaching, inspirational music and a mind/body philosophy. Nurture your body and spirit or just sweat out the events of your day. Bring a water bottle and towel. **Spinning*** will include a fusion with **KRANKING®!** **SIGN-UP IS REQUIRED 30 minutes prior to class (space is limited).**

VaVaVoom Ab.'s: That's what we want you to have!! So here's 15 minutes of Abdominal exercises with variety and innovative routines to give you a strong core.

VaVaVoom Sculpt: This 30 minute conditioning class will cover all the muscle groups while using hand held weights only.

VaVaVoom Tease and Tone: This 30 minute innovative full body workout will sculpt and reshape your body. Starting with thighs and seat, then outer thighs. After each strengthening section there will be a stretch in order to create strong, long, lean muscles. A chair and bender ball will be used in this class.

“Easy Does It” ZUMBA®: This class takes the Zumba® formula and MODIFIES the moves and pacing to suit the needs of the Beginner, Older Active Adult as well as the de-conditioned. What stays are all the elements the Zumba® Fitness party is known for: party like atmosphere, zesty Latin music and a whole lot of fun!!!!

ZUMBA®: Is a Latin inspired dance fitness program that fuses national and international rhythms. Anything from Salsa, merengue, cumbia, reggaeton and many of other rhythms will have you participating in the BEST Party in town. FUN, EASY and EFFECTIVE. Get ready to SWEAT!!!!!!!!!!!!

SPECIALTY CLASSES

Our current specialty classes include Intro to Pole, Hip to Strip™, “In the Hot Seat” Exotic Chair, BUTT! What about Burlesque™ and ZUMBATOMIC®.

For session times and information of all these specialties please inquire within info@vavavoomdancefitness.com or call 508-872-1802

TRX Suspension Training: Born in the US Navy Seals and developed by Fitness Anywhere. Suspension training is a revolutionary method of leveraged bodyweight exercises. Easily set up the portable TRX and you are in control. Safely perform hundreds of exercises that build power, flexibility, balance, mobility and prevent injuries, all at the intensity you choose. *(Class is done in Personal Training, Small Group Training (SGT) and offered in 4 or 8 week sessions @30 minutes or 60 minutes per)*

ZUMBATOMIC®: Is Zumba® for kids and pre-teens ages 7 – 12. Zumbatomic® classes are high-energy fitness-parties that offer real results. Packed with specially choreographed routines and the latest music, like hip-hop, reggaeton and cumbia, Zumbatomic classes increase focus and self-confidence, boost metabolism and improve coordination.

