

MONDAY Studio 1	Tuesday Studio 1	WEDNESDAY Studio 1	Thursday Studio 1	Friday Studio 1
10:00-11:00 Pilates Rachel	9:00-10:00 Zumba Melissa	10:00-11:00 Pilates Rachel		9:00-10:00 Zumba Melissa
	7:00-8:00pm Pilates Rachel		6:00-7:00pm Zumba Melissa	10:00-11:00 Pilates Melissa

Renew Adult Program Summer Semester: June 1 – August 28
 CLASSES ARE SUBJECT TO CHANGE ~ PLEASE CALL AHEAD.

RENEW
 as a wellness academy

DO SOMETHING GOOD FOR YOU!

Dance Arts Academy's Renew program of Pilates and Zumba® is for our adult clients who would like to improve their quality of life through strength, balance, exercise, and fun.

Our professional dance teachers are certified Stott Pilates and Zumba® teachers and offer classes daily to enrich your experience.

Classes are offered to you through a 15-Class Card, or on a "Drop In" Basis. Dance Arts Academy is also offering private Pilates sessions on the Reformer! Call DAA at (231) 941-4244.