

Step One

Fall 9/14/2020 Adult Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Instructors
9:00am								AB Alfredo Barreto AW Aidan Ward BB Barreto Brothers DB Dacia Biletnikoff DZ DZ Dobynes HF Heather Foli JS Jesse Sanchez KB Kashalia Block KG Kim Goetz MC Michele Coons MG Myles Graves MM Marcia McClain MR Marco Ruivivar NH Nhan Ho PV Pepper Von RZ Rose Zahnn TB Toya Bufford
9:30am								
10:00am						9:00am	Vinyasa Yoga HF (C)	
10:30am			Balletone Barre RZ (C)					
11:00am		**Beg. Tap AW (C)		**Beg. Tap AW (C)		10:00am	Zumba - \$12 drop-in TB (D)	
12:15pm								
5:00pm	Sculpt & Define MC (D)	Fierce Funk PV (ROOM D)	Sculpt & Define MC (D)		Stretch PV (D)			
6:00pm	Zumba - \$12 drop-in Barreto Brothers (D)	Zumba - \$12 drop-in Barreto Brothers (D)	Zumba - \$12 drop-in PV (D)	Fierce Funk PV (D)	Zumba - \$12 drop-in KB (D)			
7:00pm			Stretch & Flow Fusion PV (D)	Vinyasa Yoga HF (B)				
	**Beginning Adult Tap PV	**Beg/Int Adult Tap PV	7:00pm Outside Adult Hip Hop DZ - \$15	**Int. Adult Tap PV				
	**Int. Contemporary Fusion NH	**Contemp. Modern DB	**Hip Hop MR \$15					
8:00pm	**Hip Hop MG \$15	**Hip Hop JS \$15	**Beg/Int jazz EA					
	Barre Class Descriptions: Barre Above - Barre class emphasizing muscular endurance Balletone - Cardio barre blending elements of ballet, fitness, pilates and yoga.							
	LEGEND:	Outside and Zoom Zoom ID 915-459-2383 Password dancefit	** Will start when in-person allowed	Zoom only until in-person				
ZOOM Meeting IDs Room (A): 540-731-2405		Password: dancefit Room (B): 931-292-0646		Room (C): 937-201-5862		Room (D): 915-459-2383		

LIABILITY DISCLAIMER: Step 1 and its staff are not liable for personal injuries or loss of, or damage to personal property. Please inform the instructor of any personal limitations you may have. If you have any doubt to your personal abilities, please consult your physician before participating.

- ▶ A \$25 service fee will be added for all returned checks.
- ▶ NO food or drink allowed in the studios, except water.

- ▶ All students must sign in at the front desk before participating in any class.
- ▶ Step 1 reserves the right to refuse service.

POLICIES ▶ Students arriving more than 15 minutes late will NOT be allowed to attend class