

ADULT MOVEMENT CLASSES

| THROUGH MAY 28TH |



REGISTER ONLINE
monarchmovementcompany.com

MONDAY

Zumba 60
7:30-8:30pm
Shannon Bush

Ballet - All Levels
7:30-8:30pm
Stephanie Woodbeck

TUESDAY

Zumba Express
12:00-12:30pm
Brooke Yannayon

Tap
7:30-8:15pm
Brooke Yannayon

WEDNESDAY

THURSDAY

Zumba Express
12:00-12:30pm
Brooke Yannayon

Lyrical - All Levels
6:15-7:15pm
Alyssa Noble

Adults Only Hip Hop
7:15-8:00pm
Brooke Yannayon

FRIDAY

SATURDAY

Spring Tai Chi
9:00-10:00am
Tricia Cutrara

Vinyasa Yoga
10:15-11:15am
Kate Van Dis

SUNDAY

Mindful Yoga
6:00-7:00pm
Saskia Meckman
**begins May 15th*

Drop In Classes

30 min. class - \$10
45/60 min class - \$15

Prepaid Class Package
\$150 in class credit for
only \$120

Locals, try your first class
for just \$5!