



120 3rd Ave
Suite 51
Neptune City, NJ 07753
732-897-1112
www.shorelinedanceacademy.com

SHORELINE FITNESS ACADEMY

\$15 TO DROP IN ~ \$10 SENIOR/STUDENT DISCOUNT
\$100 MONTHLY MEMBERSHIP ~ \$75 SENIOR/STUDENT DISCOUNT
FREE CHILDCARE
MAY 2025



Check out our fitness page for
more details!

S U N	M O N	T U E	W E D	T H U	F R I	S A T
	28 9:30am: Flexibility Flow Kira	29 9:30am: Sweating w Seniors Heather	30 9:30am: Sculpt & Tone Emily 7:00pm: Cardio Dance Cathy	1 8:45am: Core & More Cathy	2 9:30am: Sweating Seniors Heather	3
4	5 9:30am: Flexibility Flow Kira	6	7 9:30am: Traditional Ballet Barre Cathy	8 8:45am: Core & More Cathy 9:30am: Sweating w Seniors Cathy	9	10
11	12 9:30am: Flexibility Flow Kira	13	14 9:30am: Sculpt & Tone Emily 7:00pm: Cardio Dance Cathy	15 8:45am: Core & More Cathy 9:30am: Sweating w Seniors Cathy	16	17
18	19 9:30am: Flexibility Flow Kira	20 9:30am: Sweating w Seniors Heather	21 9:30am: Sculpt & Tone Emily	22 8:45am: Core & More Cathy	23 9:30am: Sweating w Seniors Heather	
25	26 Memorial Day - Closed	27 9:30am: Sweating w Seniors Heather	28 9:30am: Sculpt & Tone Emily 7:00pm: Cardio Dance Cathy	29 8:45am: Core & More Cathy	30	31

ALL CLASSES ARE FOR ALL AGES/ALL LEVELS FREE CHILDCARE** DESCRIPTION OF CLASSES ON THE BACK