



Shoreline Fitness Academy

Monday-Friday

\$100 per month: Unlimited Class Pass
\$15 drop in

Complimentary Child Care Available

732-897-1112

www.shorelinedanceacademy.com

CHECK OUT OUR CLASS SCHEDULE FOR APRIL 7th - APRIL 11th

All classes FREE for Shoreline families & their guests

Monday

9:30am-10:30am: Flexibility Flow - Kira

This low impact yoga-inspired stretch class focuses on gentle, mindful movement and longer holds to improve flexibility and mobility, reduce tension, and promote relaxation, suitable for all levels & ages, including beginners. (mat recommended)

Tuesday

9:30am-10:30am: Sweat with Seniors - Heather

Low Impact Move & Groove for the 50 & Up Community

Wednesday

8:45am-9:30am: Senior Stretch - Cathy

Gentle stretches for mobility for the 50 & Up Community - (mat recommended)

9:30am-10:15am: Stretch & Tone - Emily

Low to Medium Impact beginner toning & sculpting with active stretching - all ages

Thursday

8:30am-9:30am Core & More - Cathy

Low to Medium Impact Fusion class focused on core stability, strength, & mobility - (mat recommended)

9:30am-10:30am: Cardio Dance Party - Cathy

Medium to High Impact - dance, sweat, & have fun

Friday

8:30am-9:30am: Sweat & Sculpt - Heather

Medium to High Impact - all ages welcome

9:30am-10:30am: Move with Moms - Heather

Bring your stroller & your babies and let's MOVE