



Brought to you by:



September 2010

Class Locations: CDA—2401 Veterans in Kenner
 RESOD—3333 Kingman in Metairie
 HHSD—4631 W. Napoleon at Clearview in Metairie

T—Zumba Toning
 CDA—at CDA Dance Center
 RE-at Rhonda Edmundson's School of Dance
 HH-at Helena Hosch School of Dance

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Dance to Your Health!		1 AM 45 Minute express 7:15 AM Michele (CDA) 4:30 PM Jessica (CDA) 6:00 PM Elizabeth (CDA) 8:15 PM Charlene (HH)	2 9:15 AM Charlene (HH) 6:00 pm 30 min. express 6:30pmT Charlene (CDA) 7:30 PM Elizabeth (RE)	3 6:00 PM Charlene (HH)	4 10:15 AM Elizabeth (CDA)
5 9:30 Charlene (CDA)	6 Labor Day 6:30 PM 30 regular/30 min tone Charlene (CDA)	7 9:15 AM Michele (CDA) 6:30 PM Tish (RE)	8 AM 45 Minute express 7:15 AM Michele (CDA) 4:30 PM Charlene (CDA) 6:00 PM Elizabeth (CDA) 8:15 PM Charlene (HH)	9:15 AM Charlene (HH) 45 minute pregame class 6:00 PM Elizabeth (CDA) Who Dat?!	10 6:00 PM Charlene (HH)	11 11:15 AM Charlene(CDA)
12 9:30 Elizabeth (CDA)	13 30 minute quick T 5:00 PM T Charlene (C) 5:30 PM Jessica (CDA) 8:00 PM Michele (RE)	14 9:15 AM Michele (CDA) 6:30 PM Tish (RE) 8:00 PM T Charlene (C)	15 AM 45 Minute express 7:15 AM Michele (CDA) 4:30 PM Jessica (CDA) 6:00 PM Elizabeth (CDA) 8:15 PM Charlene (HH)	16 9:15 AM Charlene (HH) 6:00 pm 30 min. express 6:30pmT Charlene (CDA) 7:30 PM Elizabeth (RE)	17 6:00 PM Charlene (HH)	18 11:15 AM Charlene(CDA)
19	20 30 minute quick T 5:00 PM T Charlene (C) 5:30 PM Jessica (CDA) 8:00 PM Michele (RE)	21 9:15 AM Michele (CDA) 6:30 PM Tish (RE) 8:00 PM T Charlene (C)	22 AM 45 Minute express 7:15 AM Michele (CDA) 4:30 PM Jessica (CDA) 6:00 PM Elizabeth (CDA) 8:15 PM Charlene (HH)	23 9:15 AM Charlene (HH) 6:00 pm 30 min. express 6:30pmT Charlene (CDA) 7:30 PM Elizabeth (RE)	24 6:00 PM Charlene (HH)	25 10:15 AM Elizabeth (CDA)
26 9:30 Elizabeth (CDA)	27 30 minute quick T 5:00 PM T Charlene (C) 5:30 PM Jessica (CDA) 8:00 PM Michele (RE)	28 9:15 AM Michele (CDA) 6:30 PM Tish (RE) 8:00 PM T Charlene (C)	29 AM 45 Minute express 7:15 AM Michele (CDA) 4:30 PM Jessica (CDA) 6:00 PM Elizabeth (CDA) 8:15 PM Charlene (HH)	30 9:15 AM Charlene (HH) 6:00 pm 30 min. express 6:30pmT Charlene (CDA) 7:30 PM Elizabeth (RE)	Try your first class free!	

One time enrollment fee \$15. Unlimited monthly classes \$33 per month through auto pay or a 10 class punch card for \$60.

Introductory Special: three months unlimited classes for \$79. (expires: September 30th)