

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30	8:30 Cardio Dance & Tone Lori	8:30 Zumba Josephine	8:30 ½ Zumba/½ Sculpt Jennifer	8:30 Dance/Tone Honoré	8:30 ½ Zumba /½ Sculpt Honoré	9:00-10:00 Cardio Dance & Tone Honoré	Zumba Michelle
							9:00-9:45 Zumba Sculpt
9:30	9:45 Zumba Lauren	Super Sculpt Camilla	Cardio Dance & Tone Honoré	Super Sculpt/TRX Jeanie	Zumba Marianela	10:00-10:30 Express Sculpt Honoré	9:45 Zumba Honoré
10:35	10:45 Belly Dance Gina	Zumba Honoré	Ballet for Body Vicki	Zumba Honoré	Zumba Michelle	Zumba Honoré	10:45 Cardio Dance & Tone Dana
11:30		11:45 Zumba*** Ginny ***LOW INTENSITY, LOW VOLUME	12:05 50 minutes Zumba Honoré		12:05 50 minutes Dance/Tone Honoré	 <p>Jubilation Fantastically Fun Fitness www.fantasticjubilation.com 2800 Lafayette Rd Unit 1B Portsmouth NH 03801 603.778.7483</p>	
4:15	4:30 Zumba Caitlin/Honoré	Cardio Dance & Tone Honoré	Zumba Caitlin	Zumba Michelle	Zumba Caitlin	Zumba Honoré	DROP IN \$7
5:30		Cardio Dance Lori <small>PARENTAL ADVISORY EXPLICIT</small>	Club Cardio Caitlin	5:15 Turbokick Dana	5:15 Zumba Lauren	5:45 Club Hip Hop Nikki	6 classes \$35 12 classes \$60 24 classes \$110
6:30		6:40 Cardio Dance & Tone Lori <small>PARENTAL ADVISORY EXPLICIT</small>	6:30-7:15 Bellyrobics 7:15-8:00 Masala Bhangra Gina	6:30 Zumba Lauren	6:30 Cardio Dance & Tone Lori <small>PARENTAL ADVISORY EXPLICIT</small>		Monthly Unlimited (EFT debit) \$55
7:30		7:45 Club Strip Hop (18+) Honoré <small>PARENTAL ADVISORY EXPLICIT</small>		7:30 Zumba Honoré	 Check for the latest updates on the Jubilation Facebook page!		EFFECTIVE January 29

Zumba - Combining hot Latin music with simple, effective choreography for one fun, calorie burning, sweaty hour!

Masala Bhangra Workout – is an exercise dance routine that modernizes the high-energy folk dance of Bhangra by blending traditional Bhangra dance steps and the exhilaration of Bollywood (Hindi film) moves! This unique dance mixes cardiovascular with fun, and is suitable for participants of all ages and fitness levels

Body Flex – A combination of isometrics, plyometrics and good old fashioned kick your booty weight lifting! Come on in and see how much fun a pain in the butt can be!

Super Sculpt - Don't worry, you don't have to be super strong. I just wanted it to sound cool! A sculpting class using handheld weights. Lots of core conditioning.

Ballet for Body – Come take an “unorthodox” ballet class for fun and function. Learn traditional ballet steps, simultaneously increasing tone in your arms and legs while improving balance and flexibility. It's dance, a bit of yoga, and a little Pilates, all done to music.

Bellyrobics - Shimmy away extra pounds, strengthen your muscles, have fun and boost your stamina with simple, easy to follow belly dance moves.

Belly Dance - In this class you will work on lots of technique learning a world fusion of Tribal Style Belly Dance . Slowing things down a bit from the Bellyrobics classes so you will really learn the muscle control, isolations and proper posture. Used will be hip and chest drills, short combos and shimmy work. You will leave sweaty with a lot of knowledge.

Cardio Dance - Fun and easy routines to great music! Similar to Zumba but with more current and popular music.

Cardio Dance & Tone – Cardio Dance and MORE! Adding songs with weights and other sculpting moves.

Club Cardio –It's a little more hip hop, more party!

Cardio Kick & Sculpt – includes both cardio and strength training routines for an energizing workout.

CLUB Hip Hop – Fun moves to great funky popular music. Slightly more complicated choreography but suitable for all levels.

Club Strip Hop – Spice it up with a little dirty dancing and a little hip hop! Stealing the moves from Hip Hop, Burlesque, Show girls, and Exotic dancers. (18+ please!)

Turbokick - Kickboxing with a twist. This core conditioning class incorporates traditional kickboxing, dance, and Brazilian martial arts. The format includes modifications for all levels. Beginners - Advanced