

MOUNTLAKE TERRACE DANCE & FITNESS DEPARTMENT SCHEDULE

Fall 2019

DANCE & FITNESS PROGRAMMER: Chloe Davenport
PHONE: 776-9173 EXT: 1107

MONDAY			TUESDAY			WEDNESDAY		
Mambo Room	Center Court	Twilight Room	Mambo Room	Center Court	Twilight Room	Mambo Room	Center Court	Twilight Room
						6:00-7:00 Theray A/T Christie		
	8:00-9:00 Silver Sneakers Peggy			8:00-9:00 Silver Sneakers Joan Christie Nov.			8:00-9:00 Silver Sneakers Christie	
		4:15-5:00 Creative Dance 3.5-5 Chloe			4:30-5:30 Kids Yoga 8+ Jennifer	4:30-6:00 Ballet IV 10+ Maria/Chloe		4:30-6:00 Ballet V 11+ Chloe/ Maria
5:00-6:00 Ballet I 6-9 Maria	4:45-6:00 Jazz III 9+ TBA	5:00-6:00 Pre-Ballet 5-7 Chloe	5:00-6:15 Lyrical III-IV 11+ Wendy	5:15-6:15 Irish Step I-II 7-12 Lauren	5:30-6:30 Pre-Jazz 5-7 TBA	6:15-7:15 Swing & 2 step A/ T Maria	5:00-6:00 Tap II-III 8+ Dayna	6:00-6:30 Pre-Pointe Chloe
6:00-7:30 Ballet IV 10+ Maria/Chloe	6:00-7:00 Lyrical I-II 8-12 TBA	6:00-7:30 Ballet V 11+ Chloe/Maria	6:15-7:15 Ballet III 9+ Wendy	6:15-7:30 Irish Step III-IV 9+ Lauren	6:30-7:30 Tap I 6-9 Miranda		6:00-7:30 Jazz IV / V 11+ Dayna	7:00-8:00 Tap II A/ T Kathryn
7:30-8:45 Int. Ballet A/ T Maria	7:15-8:15 Essentrics A/T Natalia	7:40-8:40 Yoga A/T Q Yoko	7:30-8:30 Funky Jazz A/T Wendy	7:40-8:40 Stott Pilates A/ T Christy	7:30-8:30 Tap I A/T Miranda	7:30-8:45 Gentle Yoga A/T Jennifer	7:45-8:45 Salsa Kyrsten/Janine	8:00-9:00 Beg. Ballet A/ T Kathryn

Yearly Dance Academy - 1st Semester 9/9/2019 - 1/25/2020
- 2nd Semester 1/27/2020 - 6/13/2020

Quarterly Dance & Fitness classes have various session lengths. Please see specific listings in the Craze.

A/T = Adult / Teen Classes 13+ yrs Q = Quarterly Classes with seasonal sessions Updated 8/12/2019



THURSDAY			FRIDAY			SATURDAY		
Mambo Room	Center Court	Twilight Room	Mambo Room	Center Court	Twilight Room	Mambo Room	Center Court	Twilight Room
						8:30-9:30 Tai Chi A/T Q Doug	8:00-9:00 PiYo A/T Q Jamie	9:00-10:00 Zumba Strong A/T Q Danny
	8:00-9:00 Silver Sneakers Joan			8:00-9:00 Silver Sneakers Peggy			9:00-12:00 Herencias Mexicanas Rehearsal	
12:45-1:30 Creative Dance 3-5 yrs Q Maria		1:30-2:30 Tap 55+ Joan						10:30-11:30 Beg. Hip Hop 8+ TBA
1:30-2:15 Pre-Ballet 4-6 yrs Q Maria								11:30-12:30 Int. Hip Hop 11+ TBA
4:30-6:00 Ballet Technique 10+ Chloe		4:30-5:30 Ballet II 8+ Maria						
	5:30-6:30 Jazz I-II 7-10 Wendy	5:30-6:30 Tap & Ballet 4-6 Maria						
6:00-7:00 Ballet III 9+ Chloe	6:30-8:00 ROCKSTARS 11+ Wendy							
7:15-8:30 Everybody Yoga A/T Laura	8:00-9:00 Flamenco A/T Wendy	7:15-8:15 Zumba A/T Vidette						

