



SCHEDULE OF CLASSES

Schedule effective: **01/27/2020**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15– 9:00 AM							
9:00 – 10:00 AM	* STRAPPED STRENGTH w/ Ionia	ZUMBA w/ Heather	ZUMBA w/ Heather	ZUMBA w/ Kellie	ZUMBA w/ Ambrosio	* BARRE w/ Heather	* STRAPPED STRENGTH & YOGA w/ Ionia/Lori
10:00 – 11:00 AM	ZUMBA w/ Ambrosio	ZUMBA GOLD TONING (Low Impact) w/ Ionia	* BARRE w/ Heather	ZUMBA GOLD TONING (Low Impact) w/ Ionia		ZUMBA w/ Ionia	ZUMBA w/ Ionia
11:00 AM – 12:00 PM							* SOCA W.E.T. w/ Zahra <i>Every 3rd Saturday</i>
Kids' After-School Classes						3:45 – 4:30PM VENTURA SHOTOKAN KARATE	
4:30 – 5:30 PM						4:45 – 5:45 PM VENTURA SHOTOKAN KARATE – ADULT	<i><< Ventura Shotokan classes are not presented by Ventura Danzar. Please contact instructor for info</i>
5:30 – 6:30 PM	>>>>> PLEASE NOTE: SPECIAL START TIMES FOR MONDAY EVENINGS	5:45 – 6:45 PM ZUMBA w/ Ionia	ZUMBA w/ Kellie	ZUMBA w/ Ionia	ZUMBA w/ Elixio		
6:30 – 7:30 PM		6:45 – 7:30 PM ZUMBA TONING w/ Ionia	* BOOTY BLAST w/ ABS/CORE w/ Ionia	* STRONG by ZUMBA w/ Kellie <i>Bring yoga mat</i>	* STRAPPED STRENGTH w/ Ionia	* STRONG by ZUMBA w/ Kellie <i>Bring yoga mat</i>	
7:30 – 8:30 PM			ZUMBA w/ Ionia		ZUMBA w/ Ionia		

Class Schedule, Pricing and Instructors are subject to change without notice. Visit the Danzar website or www.facebook.com/VenturaZumba for the latest updates.

* Specialty Classes (Booty Blast, Kickboxing, etc.) are not included in the Unlimited Zumba Membership. Upgrade to Ultimate Unlimited to take advantage of our full schedule of classes.

** Kids' classes have special pricing, and are not part of Danzar's regular fitness memberships.

Unless otherwise noted, all of our classes are open to ALL fitness levels.

ZUMBA FITNESS® CLASSES

ZUMBA®: Zumba Fitness is the only Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award-winning producers, and contagious steps to form a “fitness-party” that is downright addictive.

ZUMBA® GOLD (Low-Impact): This class takes all the calorie-burning fun of our regular Zumba classes and modifies the moves and pacing to suit the needs those recovering from injury, starting their journey to a fit and healthy lifestyle, active older participants or anyone who needs a workout with less of an impact on their joints.

ZUMBA® TONING and ZUMBA® GOLD-TONING: Zumba Toning combines the high-energy cardio workout of Zumba with targeted body-sculpting exercises. Students will use lightweight Toning Sticks to enhance rhythm and tone all their target zones. Sculpt your body naturally while having a total blast! Try the low-impact version, Zumba Gold-Toning.

STRONG BY ZUMBA®: Stop counting the reps. Start training to the beat. STRONG by ZUMBA® combines body weight, muscle conditioning, cardio, and plyometric training moves, all synced to original music that has been specifically designed to match. You’ll burn calories while toning arms, legs, abs and glutes. The music and moves change frequently to make sure you’re always challenged to the max. Bring yoga mat and towel.

SPECIALTY CLASSES

* **ADDICTIVE DANCE:** Move and groove to heart pumping Hip-hop, R&B, Funk, Urban Dance and various styles of music. You will leave class drenched and craving more of this dance style fitness class!

* **AFROBEATS and DANCEHALL:** Dance to the rhythms of West Africa and Irie sounds of Jamaica in this amazing heart-pumping and fun dance class.

* **BARRE:** Barre fitness is a hybrid workout that incorporates a ballet barre, chair, or other support, and combines ballet-inspired moves with elements of Pilates, dance, yoga. This low-impact class blends light cardio, strength training, and core conditioning into a total body workout that targets the hips, glutes, abs, and arms, to build flexibility, and improve balance.

* **BOOTY BLAST:** We are going to BLAST those GLUTES, ABS and ARMS into shape. This class is high energy dance and fitness. Bring some hand weights: beginners (2 lb. or 3 lb.) or advanced (5 lb. or 8 lb.), depending on your ability. Bring a mat for core work and floor stretches. BRING YOUR ENERGY!! You will not want to miss this amazing class!

* **CARDIO KICKBOXING:** This is a high energy class focused on fitness. It combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning, but does not involve physical contact between competitors.

* **HIP HOP:** Hip-hop dance refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. This class is taught in a traditional style with breakdowns of the choreography. Ages 10 years and up.

* **OPEN HEELS DANCE:** Heels Dance blends the beats and rhythms of Hip Hop and Jazz with the sexiness of Belly Dance and Burlesque. Students will learn techniques, and develop strength and balance to safely strut their stuff in high heels. Move, groove, build confidence, and find your inner diva, while developing the killer bod to match! All dance levels welcome! APPROPRIATE FOOTWEAR & APPAREL IS REQUIRED: Heeled boots with laces—no buckles (beginners: wear low, 1” heels). NO stilettos, platforms or wedges. NO Jewelry (including earrings). Knee pads may be worn for floor work (Optional)

* **RESTORATIVE YOGA:** This is a slower practice that focuses on the breath and uses props to reduce strain and tension in each pose. An antidote for stress, anxiety, depression, and some injuries, it will renew, restore, and nourish, leaving you in the ultimate state of relaxation. Please bring blankets and mat. Yoga straps, blocks, and bolsters are needed as well.

* **SOCA W.E.T.:** Workout and dance to the rhythms of Trinidad and Tobago, the Caribbean, and Central America—Soca is a mixture of calypso, Latin, soul, funk and reggae. Sweat and shake it with SOCA W.E.T. It's Workout Entertainment Therapy!

* **STRAPPED STRENGTH and STRAPPED YOGA: Strength•Balance•Flexibility:** Strapped Strength is a training program that uses a system of ropes and webbing called a “suspension trainer” to allow the user to work against their own body weight to develop core body strength, as well as joint and muscular stability. Strapped Yoga incorporates traditional yoga with the suspension trainer system which allows the user to work into deep stretches, build strength and increase mobility. Bring a yoga mat, water and towel.

* **WOMEN’S KICKBOXING:** This high-energy class is a fusion of kickboxing and Muay Thai style moves. It combines elements of boxing, martial arts, and aerobics to provide overall physical conditioning and toning. Unlike other types of kickboxing, this class does not involve physical contact between students. Students should bring gloves to work the bags, and a yoga mat for floor work.

* **YOGA:** This class will guide you through gentle yoga poses to release tension and stress, improve stability, durability, and all-around mobility. By the end of each practice you will feel refreshed, restored, and renewed. Bring a yoga mat, water and towel.

Unless otherwise noted, all of our classes are open to ALL fitness levels.

Class Schedule, Pricing and Instructors are subject to change without notice.

Phone: 805-804-6108

2640 E. Main St., Ventura, CA 93003

www.VENTURAZUMBA.com



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*** OPEN HEELS DANCE**

w/ Vanessa

NO CLASS 2nd FRIDAY of the Month

(Held 2nd Sat. @11 AM)

*** OPEN HEELS DANCE**

w/ Vanessa

Every 2nd Saturday

* **U-JAM:** U-JAM Fitness is an athletic hip hop dance fitness workout that combines easy to learn steps and high energy for a workout that will get your heart rate up, your body moving, and make you work up a sweat in no time—all while having a blast!

** Addictive Dance, Booty Blast, Hip Hop, Piyo, Pound, Power Cardio Kickboxing, Strapped, Bellydance and Yoga classes are not included in ZUMBA Unlimited Pass. Upgrade to Ultimate Unlimited Pass. *Class Schedule, Pricing and Instructors are subject to change without notice.*