



Class Schedule and Pricing

Classes are 50 MINUTES in length.

Class Club Members: \$3 per class with active membership.

Non-Members: \$8 per class.

ZUMBA – Monday & Thursday at 6:00 p.m., Saturday at 12:00 p.m.

Monday with Jennifer Gradiski, Thursday & Saturday with Allison Hunt, Certified Zumba Instructors. Additional classes may be added based upon demand.

Flex-Ability – Wednesday at 7:00 p.m.

With Tobi Thomas, Certified Holistic Movement Instructor. Gentle stretches and slow controlled breathing help relax and lengthen muscles for greater flexibility and improved blood flow. Great for beginners of any age! Dress comfortably and bring a mat.

In addition to the above classes, we also offer BALLROOM DANCE LESSONS

Enjoy watching Dancing with the Stars? Come and experience all the fun and excitement ballroom dancing can be! Dancing is not only a lot of fun, it's great exercise, too!

We teach Foxtrot, Waltz, Rhumba, Cha-Cha, and Swing.

Getting Married? Have your wedding dance professionally choreographed!

Private Ballroom Dancing instruction for individuals OR couples priced from \$45 to \$55 per hour, depending upon the lesson package! Call for additional information.

West Park Massotherapy, 4168 Rocky River Drive, Cleveland, OH 44135

Call (216) 671-6080