



Sonshine Dance and Fitness

2005 W. Hwy 76 ste 103 * Branson, Mo. 65616 * (417) 239-0222

www.sonshinedanceandfitness.com E-mail: sonshine.branson@gmail.com

FITNESS CLASSES OFFERED

AEROBICS

AEROBICS WITH WEIGHT TRAINING MON 3:30 - 4:15 PM
WED 3:30 - 4:15 PM

CARDIO BLAST MON 5:15 - 6:00 PM
WED 5:15 - 6:00 PM

ZUMBA

MON 10:00 - 11:00 AM
FRI 10:00 - 11:00 AM
TUES 6:00 - 7:00 PM
THUR 6:00 - 7:00 PM

AB WORKOUT

An intense workout focusing on the core.

WED 6:00 - 6:30 PM

NIA (Neuromuscular Integrative Action)

A cardiovascular workout that is for everybody and for all ages and fitness levels.

WED 6:30 - 7:30 PM

YOGA

TUES 7:00 - 8:00 PM

PILATES

TBA

STRETCH & STRENGTHENING

(SAT - By Sing Up only)

MON 7:45 - 8:30 PM
SAT 9:00 - 10:00 AM

TAE KWON DO - A form of Martial Arts

BASIC TAE KWON DO

SAT 10:30 - 12:00 Noon