



Fords/Woodbridge

(732) 225-7575

STUDENT PROGRAMS:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER TINY TIGERS (White)	6:00		5:30	4:30		9:00
ELITE TINY TIGERS (White & Up)	6:30	6:15	5:00		4:30	9:30
BEGINNER JUNIORS (White)	5:30	4:30		6:15		12:00
ELITE JUNIORS (White-Yellow)		5:00	6:00		5:00	11:30
ELITE JUNIORS (Camo-Blue)	5:00	7:30	6:30	5:45		11:30
ELITE JUNIORS (Brown-Red/Black)	7:00	5:30		5:00	6:15	10:45
BLACK BELTS		6:45	7:45	7:15	5:30	10:00
BEGINNER ADULTS (White-Yellow)	7:45	8:00		6:45	7:45	
ADVANCED ADULTS	8:15	8:30		8:00		12:30
INSTRUCTOR COLLEGE			7:00			1:15
ZUMBA FITNESS (Adults)			8:15		8:15	
XMA					7:00	

All members should strive to:

1. Arrive 5 minutes prior to scheduled class
2. Have ALL equipment needed
3. Keep uniform neat, clean and odor free
4. Quietly prepare for class (do not disturb class in session)
5. Always show respect to your instructors and fellow students.
6. Always be well-mannered, behave properly, and remind guests to do the same
7. Attend class on a regular and consistent schedule.

8. Make arrangements with instructors for private make-up classes \$35 for 1/2 hour session (bought in pairs)
9. Show proper effort and spirit in the classroom
10. Practice and exercise at home for better results
11. Apply the LIFE SKILLS learned to your daily life
12. Develop and maintain a positive, well-disciplined attitude.
13. Remind their fans not to disrupt class.
14. Be picked up **INSIDE** a maximum of 15 minutes after class
15. Sponsor at least 1 new member each testing cycle

SATURDAY EVENTS	Time	Participants
CARDIO DANCE/FITNESS INSTRUCTOR COLLEGE		ONLY OPEN TO ADULTS ONLY RED COLLARS
		\$10 per class / \$60 for the month! Every 1st and 3rd Saturday

ONLY white T-Shirts under uniform

Effective 04/03/2017