

# JUNE 2023 FITNESS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<p><b>9am Natick Sweat and Smiles Club with Gina (workshop)</b> 1</p> <p><b>12n Natick Adult Beginning Ballet (workshop) Gina</b></p> <p><b>7pm Natick SHiNE™ Erin</b></p>	<p><b>9:15am Natick / Virtual Sweat Pilates Gina</b> 2</p>	<p><b>9:30am Virtual SHiNE™ Erin</b> 3</p>	<p><b>9:30am Virtual Zumba® Andrea</b> 4</p> <p><b>6:00pm Natick Adult Beginning Ballet (Workshop) Gina</b></p>
<p><b>9:15am Natick / Virtual BalletFIT Gina</b> 5</p> <p><b>10:30am Sherborn / Virtual Sculpt Pilates Sandra</b></p> <p><b>6:10pm Natick Zumba® Kelsey</b></p> <p><b>7pm Pre-Recorded TONE Leigh</b></p>	<p><b>9am Natick Sweat and Smiles Club with Gina (workshop)</b> 6</p> <p><b>6pm Natick SHiNE™ Proud Erin</b></p> <p><b>7:10pm Natick / Virtual Deep Stretch Sandra</b></p>	<p><b>6:00pm Natick / Virtual Zumba® Andrea</b></p> <p><b>7:10pm Natick / Virtual Sculpt Pilates Sandra</b></p>	<p><b>9am Natick Sweat and Smiles Club with Gina (workshop)</b> 8</p> <p><b>12n Natick Adult Beginning Ballet (workshop) Gina</b></p> <p><b>5pm Visit our table at Natick Nights in Natick Center!</b></p> <p><b>7pm Natick SHiNE™ Proud Erin</b></p>	<p><b>9:15am Natick / Virtual Express Sweat Pilates Gina</b> 9</p> <p><b>6:30pm Backporch DanceFIT Bookclub at Julie's</b></p>	<p><b>9:00am Backyard SHiNE™ at Julie's (Lakeside in Natick)</b> 10</p>	<p><b>9:30am Virtual Zumba® Andrea</b> 11</p> <p><b>6:00pm Natick Adult Beginning Ballet Performance Gina</b></p>
<p><b>9:15am Natick / Virtual BalletFIT Gina</b> 12</p> <p><b>10:30am Sherborn / Virtual Sculpt Pilates Leigh</b></p> <p><b>6:10pm Natick Zumba® Andrea</b></p> <p><b>7pm Pre-Recorded TONE Leigh</b></p>	<p><b>9am Natick Sweat and Smiles Club with Gina (workshop)</b> 13</p> <p><b>6pm Natick SHiNE™ Erin</b></p> <p><b>7:10pm Natick / Virtual Deep Stretch Sandra</b></p>	<p><b>9:15am Sherborn / Virtual FlowFIT Sandra</b> 14</p> <p><b>6:00pm Natick / Virtual Zumba® Kelsey</b></p> <p><b>7:10pm Natick / Virtual Sculpt Pilates Sandra</b></p>	<p><b>9am Natick Sweat and Smiles Club with Gina (workshop)</b> 15</p> <p><b>7pm Natick SHiNE™ Erin</b></p>	<p><b>9:15am Natick / Virtual Sweat Pilates Gina</b> 16</p>	<p><b>9:30am Virtual SHiNE™ Erin</b> 17</p> <p><b>Father's Day</b> 18</p>	
<p><b>9:15am Natick / Virtual BalletFIT Gina</b> 19</p> <p><b>10:30am Sherborn / Virtual Sculpt Pilates Sandra</b></p> <p><b>6:10pm Natick Zumba® Kelsey</b></p> <p><b>7pm Pre-Recorded TONE Leigh</b></p>	<p><b>6pm Natick SHiNE™ Erin</b> 20</p> <p><b>7:10pm Natick / Virtual Deep Stretch Sandra</b></p>	<p><b>9:15am Sherborn / Virtual FlowFIT Sandra</b> 21</p> <p><b>6:00pm Natick / Virtual "Summer Vibes" Zumba® Andrea</b></p> <p><b>7:10pm Natick / Virtual Sculpt Pilates Sandra</b></p>	<p><b>10:15am Natick Sweat and Smiles Drop In with Gina</b> 22</p> <p><b>12n Natick Adult Open Ballet - All Levels Gina</b></p> <p><b>7pm Natick SHiNE™ Erin</b></p>	<p><b>9:15am Natick / Virtual Sweat Pilates Leigh</b> 23</p>	<p><b>9:30am Virtual SHiNE™ Erin</b> 24</p>	<p><b>9:30am Pre-Recorded Zumba® Andrea</b> 25</p>
<p><b>10:30am Sherborn / Virtual Sculpt Pilates Sandra</b> 26</p> <p><b>6:10pm Natick Dance Strong Kayte</b></p> <p><b>7pm Natick / Virtual Intuitive Eating Workshop Janel</b></p> <p><b>7pm Pre-Recorded TONE Leigh</b></p>	<p><b>10:15am Natick Sweat and Smiles Drop In with Gina</b> 27</p> <p><b>6pm Natick SHiNE™ Erin</b></p> <p><b>7:10pm Natick / Virtual Deep Stretch Sandra</b></p>	<p><b>9:15am Sherborn / Virtual FlowFIT Sandra</b> 28</p> <p><b>7:10pm Natick / Virtual Sculpt Pilates Sandra</b></p>	<p><b>10:15am Natick Sweat and Smiles Drop In with Gina</b> 29</p> <p><b>12n Natick Adult Open Ballet - All Levels Gina</b></p> <p><b>7pm Natick SHiNE™ Erin</b></p>	<p><b>9:15am Natick Studio Sculpt Pilates Sandra</b> 30</p>		



SCAN HERE TO SEE OUR SCHEDULE AND SIGN UP FOR CLASSES!

WWW.DANCEFITSTUDIO.COM  
INFO@DANCEFITSTUDIO.COM

Babywearing BalletFIT

**Spring Session:**  
Tuesdays 11:15am - 12n  
4/25 - 5/30

Natick Sweat and Smiles Club

**Spring Session:**  
Tuesdays and Thursdays  
9am - 9:30am  
4/25 - 6/15

**Spring Drop Ins:**  
Tuesdays and Thursdays  
10:15am - 10:45am  
starting 6/22 for \$25

Adult Beginning Ballet Thursdays

**Spring Session:**  
Thursdays 12n  
4/27 - 6/9  
Performance 6/11

**Summer Drop Ins:**  
Thursdays 12n  
starting 6/22 for \$25

Adult Beginning Ballet Sundays

**Spring Session:**  
Sundays 6pm  
4/23 - 6/4 (no ballet 5/28 or 5/14)  
Performance 6/11