

# Ruth's

DANCE & FITNESS CO.,LLC

5626 South Ave., Boardman, OH 44512  
330-782-6785 or 330-550-1303

## Fall Schedule starting Oct. 3, 2011

### Monday:

10:00-11:00 am Low impact Aerobics & Tone  
4:00-5:00 pm Personal Training  
5:00-6:00 pm Body Strengthening  
6:00-7:15 pm Step & Strength Training  
7:30-9:00 pm Ball Room Dancing

### Tuesday

10:30-11:30 am Line Dance & Tone  
4:00-4:50 pm Junior Jazz (10-14 years)  
5:00-5:50 pm Junior Ballet (10-14 years)  
6:00-7:00 pm Step & Strength Training  
7:30- 8:30 pm Latin Aerobics with Ruth

### Wednesday

9:00-10:30 am Yoga with Ann Cliness  
6:00-7:00 pm Pilates

### Thursday:

10:30-11:30 am Line Dance & Tone  
4:00-4:50 pm Children's Jazz (6-10years)  
5:00-5:50 pm Children's Ballet (5-7 years)  
6:00-7:15 pm Step & Strength Training  
7:30-8:30 pm Senior Jazz Company

### Friday:

10:00-11:00 am Low Impact Aerobics & Tone  
4:30-5:20 pm Hip Hop Juniors (Teens)  
6:00-6:50 pm Hip Hop Kids (7 -11 years)

### Saturday:

9:15-10:15 am Step & Strength  
10:30-11:20 am Children's Ballet I & II  
11:30-12:20 pm Ballet III & IV  
12:30-1:30 pm Senior Ballet Technique  
1:30-2:30 pm Senior Variations and Pointe

