

January 2024



FRED ASTAIRE DANCE STUDIOS



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|------------------------------------|-------------------------------|---|--|--|---|
| | 1 HAPPY NEW YEAR!!! | 2 | 3 6:45PM ALL LEVEL WALTZ 7:30 DANCE PARTY | 4 6:45PM ALL LEVEL WEST COAST SWING | 5 6:45PM ALL LEVEL CHA-CHA 7:30PM DANCE PARTY | 6 11:45AM ALL LEVEL RUMBA |
| 7 | 8 6:45 PM ALL LEVEL BACHATA | 9 6:45PM SALSA SERIES | 10 6:45PM ALL LEVEL FOXTROT 7:30PM DANCE PARTY | 11 6:45PM ALL LEVEL JITTERBUG | 12 6:45PM ALL LEVEL TANGO 7:30PM DANCE PARTY | 13 11:45AM ALL LEVEL WALTZ DANCE CAMP 1: 30PM-4PM |
| 14 | 15 6:45PM ALL LEVEL CUMBIA | 16 6:45PM SALSA SERIES | 17 6:45PM ALL LEVEL RUMBA 7:30PM DANCE PARTY | 18 6:45PM ALL LEVEL HUSTLE | 19 6:45PM ALL LEVEL CHA-CHA 7:30PM DANCE PARTY | 20 11:45AM ALL LEVEL FOXY |
| 21 | 22 6:45 PM ALL LEVEL SALSA | 23 6:45PM SALSA SERIES | 24 6:45PM ALL LEVEL TRIPLE SWING 7:30PM DANCE PARTY | 25 6:45PM ALL LEVEL SWING | 26 6:45PM ALL LEVEL WALTZ 7:30PM DANCE PARTY | 27 11:45AM ALL LEVEL RUMBA |
| 28 | 29 6:45PM ALL LEVEL BACHATA | 30 6:45PM SALSA SERIES | 31 6:45PM ALL LEVEL FOXTROT 7:30PM DANCE PARTY | | | |



NEW YEAR, NEW YOU!

Dancing is a fun way to help you achieve all kinds of healthy goals this year...

- Control Weight & Promote Heart Health
- Increase Flexibility, Agility & Coordination
- Enhance Communication Skills
- Stimulate Joy
- Foster Social Bonds
- Express Creativity
- Learn Teamwork
- Boost Confidence
- Improve Memory
- Relieve Stress

Life's Better When You Dance®

CALL US TODAY! NO PARTNER REQUIRED **FRED ASTAIRE DANCE STUDIOS**



FRED ASTAIRE SAN DIEGO 8303 CLAIREMONT MESA BLVD #205 SD, CA 92111 858-499-0180

SALSA SERIES ON TUESDAYS AT 6:45PM 4 WEEK SERIES \$75 SINGLES/\$150 COUPLES

DANCE CAMP SATURDAY JAN 13 1:30-4PM

ALL LEVEL GROUP CLASSES MONDAYS, WEDNESDAYS, THURSDAYS. FRIDAYS & SATURDAYS \$15 DROP IN RATE

\$15 DANCE PARTIES WED & FRI AFTER OR FREE W/GROUP CLASS PURCHASE(WED/FRI)

GOOD LUCK WDCDC COMPETITORS JAN 18-JAN 20 HYATT REGENCY LAX

