

Just Dance Roanoke

Pricing Options

New Customer Membership Trial

First Time Drop In Class \$5
or
First 5 Classes for \$25
VALID FOR 45 DAYS

Class Card Pricing

VALID FOR 360 DAYS FROM FIRST USE
CANNOT BE SHARED BETWEEN MEMBERS

Drop In: \$10
5 Class Card: \$35
10 Class Card: \$60
20 Class Card: \$100

Unlimited Membership

One Month Unlimited No Contract \$70/ Month

One Month Student Membership \$49/ Month

Unlimited Membership: \$57/ Month
2 Family Members: \$85.50/Month

REQUIRES 12 MONTH MEMBERSHIP AGREEMENT

Unlimited Membership: \$580/ Year
PAID UP FRONT
SAVE 15% ON TOTAL MEMBERSHIP

Class Descriptions:

JUST DANCE FITNESS™- Just Dance is a dance-inspired fitness class that allows you to let loose and dance to familiar songs from many different musical genres, including Hip Hop, Latin, Pop, Swing, Oldies, Reggae and more while getting a total body workout. Similar to Zumba®, the moves are simple and repetitive so everyone can do it; you don't have to worry about getting everything right...Just Dance.

JUST DANCE FITNESS™: THE MEGAMIX- Mega Mix is an energy packed 90 minute version of our Just Dance Fitness class! Come rock out to your favorite songs to this extended mix class

JUST DANCE FITNESS™: SHAKE & SQUAT- Shake & Squat is a twist on our classic Just Dance class that sneaks in a few extra toning songs into the mix.

JUST BURN™: BLAST- Burn™ BLAST is a 25 minute EXPRESS version of our Just Burn™ class. We use a combination of hand weights and body weight to tone and strengthen all your major muscle groups. The BLAST class is included in with your 1 hour dance-fitness class at either 5:30p or 7p!

WAKE N' SHAKE- Get your morning started off on the right side of the bed with this high energy dance-inspired fitness class that incorporates all your favorite moves and songs from all of Just Dance Roanoke's dance-inspired fitness classes!

ZUMBA® FITNESS- Zumba® Fitness is a dance-inspired fitness class that fuses the Latin steps of salsa, merengue, samba, cumbia, reggaeton and other international rhythms. Zumba incorporates full-body moves that are easy to follow and fun to do. The result: a one-hour class that seamlessly blends dance-party with a heart rate-raising workout. And it's completely irresistible! You will tone your entire body and lose weight all while having a great time. Zumba is the workout that will make you want to exercise! Ditch the workout, join the party!

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Summer 2016 Schedule
1866 Apperson Dr. Salem, VA 24153

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30a	Wake 'n Shake: Amy		Just Dance™: Shake& Squat Amy		Wake 'n Shake: Lindsey		
9:30a	Just Dance™: Blythe	Zumba®: Liza	Just Dance™: Leticia	Just Dance™: Liza	Just Dance™: Blythe	Zumba®: Sara & Brandy	Just Dance™ : Lindsey
10:30a						Just Dance: Amanda	
4:30p		Just Dance: Antonia		Just Dance™: Shake & Squat Antonia		Available for Private Parties/ Workshops	3:30p Just Dance™: Chelsea
5:00p	Zumba®: Brandy		Just Dance™: Amanda				
5:30p		Zumba®: Kelly		Just Dance™: Brandy	5:45p Just Dance™: Instructor Rotates		Available for Private Parties/ Workshops
6:00p	Mega Mix- 90 Min Sara		Just Burn™ BLAST: Lindsey				
6:30p		Just Burn™ BLAST: Kelly *25 minutes	Just Dance: Lindsey	Just Burn™ BLAST: Kelly *25 minutes	Available for Private Parties/ Workshops		
7:00p		Just Dance: Amanda		JDR After Dark: Kelly & Chelsea			

Set up your JDR profile, sign up for class and purchase memberships online at MyJDR.com