

# Arlington Dance Academy

## Summer 2024 Schedule

Session 1: June 10 - June 29

Session 2: July 8 - July 27

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY																																																						
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\* BeMoved® is a dance fitness experience for adults of all ages and skill levels, including those who have never danced before. Do you love to dance, or have you always wanted to learn? Whether you are a beginner or a pro, BeMoved Dance is the perfect place for you to express yourself, have fun, and improve your wellbeing. BeMoved Dance is a dance fitness program that offers over 20 unique dance genres, from Bollywood to Broadway, to suit your mood and style. You will be guided through a warm-up, a genre, and a cool-down. You will feel the joy of movement, the rhythm of music, and the power of dance. BeMoved Dance is more than just a workout, it is a celebration of life. Join today and discover how BeMoved Dance can transform your body, mind, and soul.