

# Dance & Kid-Teen Fit

## Dance Classes

**Ballet & Make Believe ages 3-5:** Classical ballet, music, literature and costumes will engage your child's senses and develop imagination. This 9-week class will focus on ballet and age-appropriate choreography.

Thursdays, 4:00 pm – 4:45 pm (Main Studio)

Session 1: September 3 – October 15

Session 2: October 22 – December 3 (no class Nov. 26)

MEM: \$80 PRO: \$120



**Tap & Ballet Combo ages 4-6:** This 9-week class teaches the best of both ballet and tap dance!

Thursdays, 5:00 pm – 6:00 pm (Main Studio)

Session 1: September 3 – October 15

Session 2: October 22 – December 3 (no class Nov. 26)

MEM: \$80 PRO: \$120



**Hip Hop Dance ages 6-14:** Based on "street style" dance, students will gain confidence, self-expression, coordination and body awareness as a group in this 9-week class. Learn freestyle moves seen in the latest music videos!

Thursdays, 6:00 pm – 7:00 pm (Mind & Body Studio)

Session 1: September 3 – October 15

Session 2: October 22 – December 3 (no class Nov. 26)

MEM: \$80 PRO: \$120



## Fitness for Kids & Teens

**Kid Fit free for members ages 3-5:** An alternative to the Kiddie Cove while mom and dad work out! This 30-minute class includes, frog jumps, jumping jacks, marching, twirling, hopping and much more. Sign up at the Ypod!

Mondays, Wednesdays, Fridays,  
10:00 am – 10:30 am

Mondays – Thursdays, 5:30 – 6:00 pm

**Youth Fit free for members ages 6-8:** A 30-minute class that includes exercises to improve cardio fitness through jogging and running. Also involves light-resistance training through use of tubing and light dumbbells. Includes stretching to improve flexibility. Sign up at the Ypod.

Mondays/Wednesdays, 6:00 pm – 6:30 pm

**Tween Fit free for members ages 9-12:** A 30-minute class that includes exercises to improve cardio fitness through jogging and running. Also involves light-resistance training through use of tubing and light dumbbells. Includes stretching to improve flexibility. Sign up at the Ypod.

Mondays/Wednesdays, 6:30 pm – 7:00 pm

