




# Adult Dance Classes!

Grab a Friend & Let's Dance!

\$10 per class  
Or  
11 classes for \$100

Monday	Tuesday	Wednesday
<p><b>7:00 pm–7:45 pm</b></p> <p><b>Full Body Stretch Class</b></p> <p>A supplement to your workout routine, stretching keeps muscles flexible, strong, and healthy.</p> <p>This full body stretch class will decrease stress, boost energy, improve posture, and increase stamina. It's a perfect way to unwind from a busy day or workout.</p>	<p><b>7:30-8:30 pm</b></p> <p><b>Tap with DJ</b></p> <p>Learn fundamental beats and rhythms working your body and mind!</p> <p>For those with experience, you will be challenged by learning more complicated steps while skills are broken down for beginning tappers.</p>	<p><b>7:30-8:30pm</b></p> <p><b>Ballet with Lexi</b></p> <p>Inspired by ballet, yoga and Pilates, this combo class of dance and fitness will have you sweating from head to toe and smiling from ear to ear!</p> <p>No ballet experience required, just a willingness to move and a desire to sculpt, tone and energize your body!</p>
<p><b>Madi</b></p> 	<p><b>DJ</b></p> 	<p><b>Lexi</b></p> 

**DANCE**  
**EXTENSION**

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Please call or text the day of class to reserve your spot!