



Session Class Schedule for the Fall 2011

Classes start October 13th

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	SATURDAYS
<p>Zhumba for Teens (age 13+) 5:00-6:00pm Oct. 17th to Dec 12th (no class Oct. 31st)</p> <p>Zhumba for Adults 6:00-7:00pm Oct. 17th to Dec 12th (no class Oct. 31st)</p> <p>Dance Fusion (combination of Jazz, Ballet, and Lyrical) 8:30-9:30pm Oct. 17th to Dec 12th (no class Oct. 31st)</p>	<p>Adult Fitness Ballet 7:30-8:30pm Oct. 18th to Dec 6th</p> <p>Adult Tap 8:30-9:30pm Oct. 18th to Dec 6th</p>	<p>Mid-Afternoon Dance Fusion (combination of Jazz, Ballet, and Lyrical) 2:00-3:00pm Oct. 19th to Dec 7th</p>	<p>Morning Hip Hop 9:00-10:00am Oct 13th to Nov 3rd AND Nov 24th to Dec 15th</p> <p>Evening Fitness 7:00-8:00pm Oct. 20th to Dec 8th</p>	<p>Teen Bootcamp 10:00-11:00am Oct. 15th to Nov 5th</p>

Costs:

4-Week Sessions: \$48.00 + GST
 6-Week Sessions: \$72.00 + GST
 8-Week Sessions: \$88.00 + GST

Payable by cash, cheque, or credit (cheques payable to Springbank Dancers Inc.). Drop-in will be offered once each class is confirmed.

Proper Attire:

YOGA – fitted yoga wear (stretch material), bare feet, yoga mat
 DANCE FUSION – fitted dance/yoga wear, either ballet slippers, jazz shoes, or FootUndeez
 FITNESS – fitted, stretch attire, indoor runners (remember your water too!), yoga mat, exercise ball
 HIP HOP – comfy clothing, indoor runners
 ZHUMBA – comfy clothing, indoor runners
 BOLLYWOOD – comfy clothing, bare feet or indoor runners

Call or Email to Register NOW!!!

(403) 276-7918 / contact@springbankcenterstage.com