

Experience...

DANCE IT UP!

# Fit It In

## Adult Classes

Creative Minds • Healthy Bodies • Confident Dancers

Dance It Up! Dance Center  
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North Grafton, MA 01536  
www.danceitup.com

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danceandplay@gmail.com

Winter classes starting: 12/12/11

### **Ballet-Based Stretch & Tone**

*Tuesday 6:30-7:30pm - with Catherine Rhodes*  
This class consists of traditional barre warm up exercises and stretches that promote flexibility and toning core muscles.

### **Zumba-This class will run Dec. 21-Mar. 21**

*Wednesday 7:30-8:30pm - with Kathy Hendrix*  
This class provides an excellent workout in a party atmosphere. Participants learn meringue, bachata, salsa, Reggaeton, cumbia and other Latin rhythms while burning calories and having fun. Anyone can learn to Zumba!

### **Power Pilates-This class will run Jan. 7-Mar. 31**

*Saturday 12:00-1:00pm - with Barb Norton*  
The ultimate resource for mind/body fitness with an emphasis on breath, core conditioning and body awareness, using weights, bands, foam rollers, barrels, circles and more.

### **Muscle Conditioning-This class will run Dec. 12-Mar. 13**

*Monday 9:30-10:30am - with Kathy Hendrix*  
*Tuesday 9:30 -10:30am - with Barb Norton*  
This is a non-stop conditioning class that focuses on the entire body. We will use your own body weight and light dumbbells to focus on muscular endurance, functional fitness, and core strength.

### **Hip Hop**

*Monday 6:30-7:30 - Deanna Jarvis*  
Using the music of today, this class offers a form of street Jazz combined with popular hip hop dance. Deanna is a member of Hip Hop Troupe CRITICAL MASS CREW.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please read carefully and sign.

Disclaimer: Dance It Up! Dance Center is not responsible for any personal injury that may occur during a dance class. Dance is physical by nature, please consult your physician before beginning any new exercise regime. There must be a minimum of 6 people to run a class. Please call to call to confirm classes will be held. Classes can be made up in any alternate class during the current session.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Please Check Classes

Zumba

Bal/Stretch

Power Pilates

Hip Hop

Muscle Conditioning

Mon: 9:30-10:30am

Tues: 9:30-10:30am

1-hr. class \$180.00

If your child is enrolled at DIU \$150.00

*Take an additional 1-hr. class for \$120.00 - (Must be enrolled in a 12-week class to participate.)*

Office Use Only Amt. Pd. \_\_\_\_\_

Ck \_\_\_\_\_ Cash \_\_\_\_\_ CC \_\_\_\_\_