

FALL 2011 CLASSES

ADULT FITNESS CLASSES:

NON-AEROBIC

BODY STRENGTHENING

Using weights, balls and bands we strength train all the major muscle groups to achieve a toned and sculpted look as well as stronger bones.

PILATES

Through the use of your mind, body and breath, you will be taught qualitative "core-conditioning". The stomach, back and glutes will be the target of your "core". This class will help you achieve toned muscles, flat abs and improved posture that will help you achieve a leaner look. This class is perfect for those afraid of aerobics!

AEROBIC

TRADITIONAL FAVORITES:

LOW IMPACT AEROBICS & TONING

A good workout for people who want to begin a fitness program. This class reaches the cardio-vascular levels you'll need to burn fat. Class will also include toning exercises that target upper, middle and lower body.

LINE DANCE & TONE

Warm up the body, work with weights and bands then learn a series of line dances (Country, Latin, Pop & even 50's!) Yahoo!

STEP AEROBICS & STRENGTH TRAINING

Upbeat and motivating step aerobics for the cardio portion, plus strength training and floor work for toning major muscle groups.

NEW! LATIN AEROBICS

Come and learn to Mamba and Cha Cha, while working aerobically to Latin music. This class will get you moving.

CHILDREN'S CLASSES:

CHILDREN'S BALLET I & II (AGES 4-6)

Basic fundamentals of classical ballet. Students will work on dance combinations across the center floor. Strong emphasis on terminology, balance and flexibility.

BALLET III & IV (AGES 7-11)

Students continue development in classical ballet along with additional terminology. Emphasis on holding balance longer, executing faster footwork and performing more intricate movements across the floor.

CHILDREN'S JAZZ (AGES 6-10)

Jazz isolations and stretches will be taught at the center floor. Students will work on intricate Jazz combinations across the floor.

JR. BALLET V & VI (11-14)

Students continue to develop their ballet technique. More advanced terminology, along with developing the footwork and leg strength needed at the barre. More advanced ballet combinations at the center floor.

JUNIOR JAZZ (AGES 10-14)

Basic fundamentals of stretching, jazz technique and jazz combinations are taught across the floor.

HIP HOP FOR KIDS / HIP HOP FOR JUNIORS CALL FOR DETAILS!

SENIOR BALLET COMPANY (AGES 14-18)

SENIOR JAZZ COMPANY (AGES 14x-18)

Students will work on more complex dance combinations. The class will learn more advanced strength and balance exercises at the barre along with advanced choreography on the center floor.

POINTE

This class is only for those students who have permission from the instructor, and who have studied ballet for an extended period of time in order to execute advanced barre work.

CLASS FEES

ALL RATES ARE MONTHLY

ADULT FITNESS CLASSES

Low Imp. Aerobics/Toning	\$28
Pilates	\$28
Line Dance & Tone	\$28
Body Strengthening	\$28
Step & Strength	\$35

New! Latin Aerobics = \$8 per class

ADDITIONAL CLASS COST:

To add an additional class, take the most expensive class and add \$10 more per month.

This goes for all classes.

EXAMPLES:

Body Strength and Pilates = \$38

Step & Strength and Pilates = \$45

**Step & Strength and
Body Strengthening = \$45**

For More information on:
YOGA WITH ANN CLINESS

Call: 330-757-0563

BALLROOM DANCING

Call: ALWAYS DANCIN"

Jim Ferris or Suzanne Gelinas

330-519-8307

1st Dance Class	\$36	Per Month
2nd Dance Class	+\$22	\$58/Mo.
3rd Dance Class	+\$22	\$80/Mo.