

Do something good for you! Renew...

DANCE ARTS ACADEMY IS OFFERING A NEW PROGRAM OF PILATES AND ZUMBA® FOR OUR ADULT CLIENTS WHO WOULD LIKE TO IMPROVE THEIR QUALITY OF LIFE THROUGH STRENGTH, BALANCE, EXERCISE, AND FUN.

OUR PROFESSIONAL DANCE TEACHERS ARE CERTIFIED STOTT PILATES AND ZUMBA® TEACHERS AND OFFER CLASSES DAILY TO ENRICH YOUR EXPERIENCE.

STOTT PILATES®

ZUMBAGOLD®

ZUMBA®

CARDIO HIP-HOP

10-CLASS CARD: \$100

20-CLASS CARD: \$190

DROP IN PER CLASS: \$12



FALL/WINTER/SPRING SCHEDULES 2009-2010

FALL SEMESTER: **SEPTEMBER 14, 2009 - JANUARY 23, 2010**

WINTER SEMESTER: **JANUARY 25, 2010 - MAY 29, 2010**

MONDAY	Tuesday	WEDNESDAY	Thursday	Friday	SATURDAY
10:00-11:00 RENEW Pilates Rachel Studio 1	11:00-12:00 Renew Pilates Melissa Studio 1	9:00-10:00 Renew Zumba Kristi Studio 1	11:00-12:00 Renew Pilates Rachel Studio 1	6:30-7:30 Renew Zumba Gold Maria Studio 4	9:00-10:00 Renew Zumba Melissa Studio 1
7:00-8:00 Renew Zumba Melissa Studio 4	12:00-1:00 RENEW Zumba Melissa Studio 1	10:00-11:00 Renew Pilates Rachel Studio 1	12:00-1:00 Renew Cardio Hip Hop Maria Studio 1		
			6:15-7:15 RENEW Zumba Melissa Studio 2		

Revised 07-26-10

CLASSES ARE SUBJECT TO CHANGE ~ PLEASE CALL AHEAD.