



2018-2019 Schedule Dance Class Options

ADULT BEYOND THE BARRE ELECTIVES

Dance to the Beat-Have you been looking for the perfect blend of dance, cardio and sculpting in a relaxed, fun atmosphere? If so, the Adult Dance Fitness class through Beyond the Barre is for you. You will learn choreography to various dances with multiple styles of music while being cued and **YOU WILL SWEAT!** We will sculpt our arms, legs, and abs using a variety of techniques during the end of class as well.

1 hour class/Teacher-Heather Yee

DANCE TO THE BEAT	Day / Time
Dance to the Beat (adult)	Tuesday 10:15-11:15 (HY)

# of classes	Class Pass Options
1	\$15.00
5	\$65.00
10	\$125.00
15	\$150.00