

HIP-HOP

Do you love to dance at clubs, or even just around the house to today's pop, R&B and rap music? Then try our adult hip-hop class! In this great workout, familiar dance steps are combined with today's new moves. You will leave class with combinations that you can practice at home for fun and fitness! Dancing is so much more fun than running on the treadmill, so give hip-hop a try today!

TAP DANCE!

Tap is our most popular adult dance class! Try it and you will become addicted to the rhythms, the mental challenge, and the fabulous exercise. Our classes introduce both traditional Broadway tap as well as rhythm tap styles.



YOGA

Looking to improve the quality of your life? Studies show that regular and sustained yoga practices enhance muscular strength and body flexibility, promotes and improves respiratory and cardiovascular function. Reduce stress, anxiety, depression and chronic pain, improve your sleep patterns and overall well-being and quality of life.



Classes are offered by Oasis Bloom Yoga
(Instructor: Kirthi Chandrasekar)

Find out more and register at:
<http://www.Oasisbloom.com>



Dance Etc.

"The Fun Place to Learn!"

5985 Meijer Dr., Milford,
OH 45150

WWW.DANCE-ETC.COM

ADULT

DANCE & FITNESS CLASSES

- BALLET
- TAP
- HIP-HOP
- BELLY DANCING
- TRX FITNESS
- YOGA



Est. 1996

5985 Meijer Drive
Milford, OH 45150



BALLET

Our Adult Ballet class incorporates the basics of ballet dance steps and some relaxing stretches. Includes barre work, across the floor steps, and more. This one is for total beginners as well as those with prior experience. Improve your posture, core strength, balance, flexibility and feel graceful at the same time!



ZUMBA

Are you looking for a great workout? Do you love to dance? Dancing releases stress, gives a good cardio workout, and is so much fun, you won't even notice that an hour has gone by. Learn easy, FUN routines that you will love while burning up calories!



BELLY DANCING

Our beginner level belly dancing class is great fun, yet excellent exercise for your core, arms, legs, and back. Learn to belly dance for physical, emotional, spiritual and intellectual expansion. Belly dance is a language of its own. Celebrate the culture, celebrate femininity, celebrate yourself through your body... discover your body's own unique flow of movement. Discover and correct your posture issues effortlessly so you'll look better all the time. Wear any comfortable clothing and bare feet. Coin belt skirts are available to borrow.



TRX FITNESS SUSPENSION TRAINING

TRX (Total Body Resistance Exercise) Suspension Training is the latest, newest approach to exercise! Using a system of straps, buckles and grips ("suspension trainer"), you use your own body weight and gravity to:



- Develop strength, balance, flexibility, endurance, coordination and core stability all simultaneously.
- Gain cardio fitness and calorie burn from every workout!

TRX supports all fitness levels and goals. You can easily adjust the degree of difficulty (from 5 to 100 percent of your body weight) whether you're a beginner or an experienced athlete.

Classes are taught in very small groups (8 participants) for personalized attention.

Tuition for Adult Classes:

- For all classes except Yoga, drop in to any class for \$15.00. Please call ahead to make sure that the class is being offered as scheduled, and that there is availability.
- Sign up for one weekly class: \$44.00/month. (Zumba classes are \$24.00/month for one weekly class.)
- Sign up for TWO weekly classes: \$64.00/month. (Zumba classes are \$40.00/month.)
- UNLIMITED weekly classes: \$80.00/month.
- Any absences should be made up with another class during the same 4-week period. Sorry, there are no refunds for unattended classes. Tuition and scheduling for yoga classes are through www.Oasisbloom.com.