

GET FIT AT DANCE MOTION STUDIOS

NEED TO JUMPSTART YOUR FITNESS ROUTINE?

WANT TO TRY SOMETHING NEW?



THEN ENROLL TODAY IN OUR 4 WEEK FITNESS CAMP!

You will improve your physical & mental well-being as well as increased strength and endurance. In addition you will meet great people who share your same passion for acquiring a more healthy body & mind.

This class is open to all ages and ability levels. Nobody will be left behind or asked to complete more than they are capable of doing safely. Nor will anyone go home unchallenged!

You will need to bring an exercise mat, small hand weights, running shoes, and water to class.

Session 1 starts February 2, 2010

Best results will occur when enrolling in the 3 days per week program.

Classes are held on Tuesday and Thursday mornings at 9:00am and Saturdays at 8:00am

Pre-registration is required.

3 days per week - \$149/month - 2 days per week - \$100/month - 1 day per week - \$60/month

***IMPORTANT – Commitment and consistency are key to getting the results you want. If you have to miss a day it is considered a “loss” – You’ve made the commitment- you owe it to yourself to follow through!**

Inquire about our onsite childcare available during class

