



DANCE ZONE - "SHUT UP AND DANCE!"

2323 San Antonio Street in the Castilian dorm (near UT campus)

Web-www.inthedancezone.com ~ email-info@inthedancezone.com ph-236-9328

DZ POLICIES:

- \$10 late fee for all classes/sessions unpaid by the 10 of the month
- \$25 Annual Membership fee (to receive member discounts)
- \$25 cancelled/returned check fee
- Online (credit card) registrants must bring a copy of your receipt to the first class.

REGISTRATION OPTIONS: DZ Membership \$25/annual (to receive member discounts below for a full year)

- * Cash or check only in the studio, credit card registration online ONLY go to www.inthedancezone.com .
- * Walk-in rates \$13/members & \$15/non-members
- * Class cards available at (\$12/class for members \$14/class non-members) 6 class minimum, non transferable. Exp (4 mo)
- * Unlimited - \$200 per month

2009 Class Schedule: ALL monthly class sessions run from the first to the last day of the month.

- Makeup classes can be taken within the same month in a different class of your choice. No discounts/pro-rating will be offered for missed classes.

Class	Instructor	Day	Time	Price (member/non)	Description
DANCE ZONE					
Ballet NEXT	LIZ	T/TH	5:30-6:30p	\$80/95	Kick off your shoes & let your hair down! Non-conservative Ballet done to r&b, rap, pop and everything in between! For those who always wanted to take ballet but were too intimidated and for those who just need a change. Includes a pilates style floor barre. Strong focus on technique. Great for toning, core strength, flexibility & control.
L.A Style Street Jazz	LIZ	T/TH	6:45-7:45p	\$80/95	Step in to the video zone. Jazz meets Hip Hop! This class utilizes all your talents. From athletic turns and jumps to floor work & chairs nothing is off limits. Bring your knee pads!
Hip-Hop	Stacey	T/TH	7:45-8:45p	\$80/95	As seen in "You Got Served"! Stacey combines old & new school Hip-hop moves to create a fresh new style that will take you from MTV to BET and back again! Learn all the hottest moves you've seen in videos and movies & bring your ATTITUDE!
Intro Hip-hop	Krystal	Mon	6:30-7:30p	1 mo - \$45/55 2 mo - 80/95	Wanna dance like Usher and Ciara but can't figure out how? Learn how to isolate, roll and gyrate! Start with basics & finish with a combination that will bring out your inner Hip-hopper.
Intro Street Jazz	Krystal	Wed	6:30-7:30p	1 mo - \$45/55 2 mo - 80/95	Learn the Street Jazz basics from sexy jazz walks and isolations to basic turns and jumps and finish up with a funky video-style routine incorporating everything you've learned!
M/W Intro combo	Krystal	M/W	6:30-7:30	\$80/95	Learn the basics of BOTH Hip-hop and Street Jazz!!!! Take both Intro classes (Hip-hop and Street Jazz) as one combo session and save \$'s!
Contemporary	Krystal	M/W	5:30-6:30p	\$80/95	So you think you can dance? This contemporary dance class fuses familiar lyrical/jazz dance with new challenging yet accessible post-modern dance techniques. Come with an open-mind ready to express intense emotion and expand your horizons.
Breakin'	Misa	Sun	7-9p	\$80/95	Experience the exhilarating B-boy/B-girl culture from start to finish - you will learn: a brief history and evolution, strength exercises, footwork basics, facials, battle skills and more!
KIDZ Breakin'	Misa	Sun	6-7p	\$45/55	All the same fun moves geared towards kids and their parents! ☺
FITNESS ZONE					
Extreme Abs	LIZ	M/W	7:30-7:45p	\$30/40	As seen on KEYE's 42-second workout! LIZ's Award Winning 15-minute ab routine (combined with cardio and a healthy diet) will help get you swimsuit ready in no time!
Cardio JAMZ	LIZ	M/W	7:30-8:30p	\$80/95	This Award-winning, full-body toning cardio class incorporates hip-hop moves in an easy to follow aerobics format done to hip-hop favorites! Who needs weights? Create your own resistance and dance your way to all over body fitness, then take your new moves to the club.
Cardio Strip-hop!	Stacey	M/W	8:45-9:45p	\$80/95	Bring out YOUR inner FREAK! Enter a booty-shakin' nightclub environment complete with club lighting and get a cardio workout you won't believe. We may even break out the chair and let you do YOUR THANG!
TBA.....email info@inthedancezone.com or pre-register online at www.inthedancezone.com					
Stomp Down	Krystal	Sun	6-7p	1 mo - \$45/55 2 mo - 80/95	It's all about RHYTHM! Want to learn some of those powerful moves from Stomp the Yard & create beats with your own body (no instruments required ...how cool is that?! ☺)? Steppin' well help improve your rhythm & coordination and is an incredible cardio work out!