

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:

- * Registration &/or class payment is due prior to attending class!!!!
- * Class cards must also be presented prior to taking class.
- * Online (credit card) registrants must bring a copy of your receipt to the first class.
- * \$10 late fee for all classes/sessions unpaid by the 2nd class of the month
- * \$25 cancelled/returned check fee
- * No discounts/pro-rating for missed classes. (makeups can be taken within the same month in a different class of your choice)
- * NO REFUNDS! However, we can apply your payment to something else ie: a class card etc.

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

2010 Class Schedule: ALL monthly class sessions run from the first to the last day of the month. 3 student minimum reqd to hold class.

* 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.

CLASSES highlighted in gray are not currently running but will be back soon.....stay posted

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, coordination & control.
Contemporary Jazz	Lina KB	T/Th T TH	6:45-7:45p	\$80/95	Fusion of Jazz technique with lyrical and Contemporary style tossed in. This class will cover all three with the first half being devoted to Jazz technique and the last half integrating powerful Jazz leaps and turns with the emotive artistry that's been made famous on So You Think You Can Dance!
Hip-Hop	KB	T/Th	7:45-8:45p	\$80/95	KBs style is DIVERSE! From grungy gangster hip-hop to feminine, sexy girl-hop and with all the attitude of SYTYCD & America's Best dance crew she will challenge your mind & body with intricate moves, unexpected transitions, partner work & everything in between.
Intro Hip-hop	Amanda	M/W	6:30-7:30p	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.
Breakin'	Misa	Sun	5-7p	\$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!
FITNESS ZONE					
Extreme Abs (starts 2/1)	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 Strip-hop!	Stacey	M/W	7:45-8:45p	\$80/95	Bring out YOUR inner FREAK! Enter a booty-shakin' nightclub environment complete with club lighting (no one can see you) and get a cardio workout you won't believe. We may even break out the chair and let you do YOUR THANG!
Cardio JAMZ (starts 2/1)		M/W	8:45-9:45p	\$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.
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 requiredhow cool is that?! ☺)? Steppin' well help improve your rhythm & coordination and is an incredible cardio work out!
Parents & KIDZ Breakin'	Misa	Sun	6-7p	\$45/55	All the same fun moves geared towards kids and their parents! ☺
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.
Intro Street Jazz	Krystal	W	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!