



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.
- * 1 hr class walk-in rates \$13/members & \$15/non-members/ 2 hr class (Breakin') \$25/ 15 min class (Abs) \$5
- * Class cards available at (\$12/class for members \$14/class non-members) 6 class minimum, non transferable. Exp (3 mo)
- * Unlimited - \$200 per month

2010 Class Schedule: It's our 7 YEAR ANNIVERSARY!!!! YAY! ☺

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 or rollovers will be offered for missed classes.

CLASSES highlighted in gray are not currently running...please email if you're interested.

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 & a strong focus on technique. Great for toning, core strength, flexibility, coordination & control.
LA Street Jazz &	LIZ	T	6:45-7:45p	1x/wk \$45/55	LA Street Jazz (T) - a Jazz and Hip-hop fusion with clean lines and high energy leaps and turns. This class is perfect for the dance team dancer past, present or future. Some formations and lots of floor work may be incorporated and NOTHING is off limits!
Contemporary Jazz	Chelsey	Th	7:45p	or T/Th combo \$80/ 95	Contemp (TH) - This class fuses familiar lyrical/jazz with new challenging yet accessible post-modern technique and explores the control, isolations and emotive artistry that have been made famous on So You Think You Can Dance!
Intermediate Hip-Hop	Sungho	T/Th	7:45-8:45p	\$80/95	This class will challenge your mind & body with intricate moves, unexpected transitions, and isolations...from Poppin' to Crumpin', and everything in between, learn how to control your body one part at a time and put it all together in to a new routine each and every class!
Hip-hop Intro	Alan	M/W	6:30-7:30p	\$80/95	Wanna dance like Usher and Ciara but need simple routines and lots of repetition? A step or two down from our Intermediate class but still challenging, you'll be amazed to find out what you can do!
Breakin'	Misa	Sun	5-7p	\$80/95 Walk in \$25/30	Experience the exhilarating B-boy/B-girl culture - Misa is a wealth of knowledge from the history and evolution of this Hip-hop genre to strength exercises, footwork basics, facials, battle skills and more she'll get you battle ready in no time!
FITNESS ZONE					
Extreme Abs & Backs	LIZ	M/W	7:30-7:45p	\$30/40 Walk in \$5	As seen on KEYE's 42-second workout segment! LIZ's Award Winning 15-minute abs & back routine (combined with cardio and a healthy diet) will help tone and tighten your midsection and sculpt your back, lats, biceps, glutes and hamstrings at the same time with just a few exercises.
Cardio JAMZ	LIZ	M	7:30-8:30p	\$45/55 Or M/W \$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 show your new moves to your friends!
NightClub Cardio	Chi-Chi	W	7:45-8:45pm	\$45/55 Or M/W \$80/95	No one can see you in this nightclub environment (complete with club lighting) so let your inhibitions go and get a cardio workout you won't believe while learning moves that'll make heads turn. We may even break out a sexy chair routine!
TBA.....email info@inthedancezone.com or pre-register online at www.inthedancezone.com					
Stomp Down	TBA	Sun	7-8p	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!
Parents & KIDZ Breakin'	Misa	Sat	TBA	\$45/55	All the same fun moves geared towards kids and their parents! ☺
Intro Street Jazz	TBA	M/W	5:30-6:30p	\$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!