



NEW at...

DANCEMAKERS Inc.



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FAMILY FRIENDLY FITNESS PROGRAM

STARTING AUGUST 4TH!

Zumba, Family-Fitness and Yoga Classes!

- **\$45 a month or \$5 per class!**
- **NO monthly contracts or registration fees!**
- **A Variety of class times to fit YOUR schedule!**
- **Yoga Classes Start in OCTOBER!**
- **Homework Help for Kids on Mondays and Thursdays from 4:00-5:00 pm!**
- **Childcare is available on Tuesday and Thursday mornings at 9am for FREE!**
- **Karate classes on Wednesdays from 3:00-5:00 for 5-11 year olds!**

Ditch the Routine...Join The PARTY!

Dancemakers is located at : For more information call us at:
1420 Avenue B 783 – 7754

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Fall Family Fitness Schedule 2010						
Sun	Mon	Tues	Wed	Thu	Fri	Sat
	Zumba 6-7 pm	Zumba 9-10 am Fam-Fit 6-7 pm Zumba 7-8 pm Yoga 7-7:30	Zumba 6-7 pm	Zumba 9-10am Fam-Fit 6-7 pm Zumba 7- 8 pm	Fam-Fit 6-7 pm Yoga 6-6:30 Zumba 6-7 pm	Zumba 9- 10 am
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Family Fit Classes – A family-friendly group fitness class that infuses cardiovascular, total body conditioning and absolute core strength exercises to provide an exciting approach for parents and kids to work out and get healthy together!

Zumba –A combination of high energy and motivating Latin style music with unique moves and combinations that allow the Zumba participant to dance away the calories while having a blast!

Yoga - A form of exercise that uses slow movements and stretching to increase flexibility and balance while also focusing on relieving stress and relaxing. Yoga has been used as a meditation technique for thousands of years.

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