

## 6 WEEK PROGRAMS

(St. Albert Location)

SESSION #1 - SEPTEMBER 14 TO OCTOBER 19

SESSION #2 - NOVEMBER 9 TO DECEMBER 14 (REGISTRATION OPENS SEPTEMBER 28TH 5:00PM)

### PARENT & TOT

**Ages 18 Months - 5 Years**

Enjoy dance, music & movement with your little one!

Wednesday 9:30-10:00

### PARENTED FAMILY FLOW YOGA

**Ages 2.5 - 5 Years**

Enjoy a parented yoga class with your child aged 2.5-5!

Wednesday 10:00-10:45

### TUTUS & TIARAS

**Ages 3 - 5 Years**

Enjoy ballet & jazz in this combination class for ages 3-5!

\*This class will run as a full year program

Wednesday 1:30-2:00

### DC FIT KIDS

**DC Fit Kids 1 - Ages 2.5 - 5 Years**

Join us for an un-parented exercise and movement class for ages 2.5 to 5 years!

Wednesday 10:45-11:45

**DC Fit Kids 2 - Ages 6 - 11 Years**

Join us for an exercise and movement class for ages 6 to 11 years!

Wednesday 11:45-12:45

### OFF DUTY FITNESS

**Ages 18+**

Join us for a fitness class for ages 18+. Take this class on your own or while your child takes DC Fit Kids!

Wednesday 10:45-11:45

### ADULT ALL DANCE

**Ages 18+**

Come learn jazz, ballet, hip-hop, lyrical and theatre in this class for ages 18+!

Wednesday 12:45-1:30

### SILVER STRENGTH

**Ages 40+**

A fitness class run by a certified personal fitness trainer. Participants will be encouraged to work at their own pace and have access to a variety of fitness equipment.

Wednesday 9:00-10:00

### GOLDEN GIRLS!

**Ages 40+**

Join us for a ballet class for ages 40+!

Wednesday 10:00-10:30

## PRICING & DRESS-CODE - 6 WEEKS

(Price Below Includes The Full 6 Week Course. It is NOT Per Week)

30 Minute Classes	\$85/session (Non-Refundable)
45 Minute Classes	\$95/session (Non-Refundable)
60 Minute Classes	\$99/session (Non-Refundable)
<ul style="list-style-type: none"><li>Dancers in our 6 week classes are recommended to wear comfortable dancewear, such as t-shirts, tank tops, shorts, leggings etc as well as either clean, indoor running shoes or bare feet!</li></ul>	

### Edmonton Location

9104 - 179 Avenue, Edmonton  
780-760-1899

### St Albert Location

9030 McKenney Avenue, St. Albert  
780-460-1899