

**Zumba • Zumba/Toning • STRONG • MixxedFit • TRX • Stretch • LaBlast • Fusion Technique**

<https://commotiondance.com/fitness/> • (301) 515-8908 • [info@commotiondance.com](mailto:info@commotiondance.com)

Sign up Now!

<https://classbug.com/businesses/1738/offerings>

CARDIO & STRENGTH CLASSES					CLASS PRICES & PASSES
Day	Time	Class	Instructor	Studio	
<b>Mon.</b>	10:00 – 11:00 am	Zumba	Linda	A	<p><b>No Hassle Memberships</b>  <b>\$40 per month</b>  <b>No registration fee!</b>                      (6 month contract)</p> <p><b>8 class pass \$64</b>                      (2 month expiration)</p> <p><b>Drop In:</b>  <b>\$10 Cash</b></p> <p><b>Senior and Student discounts available</b></p>
	7:00 – 8:00 pm	Zumba	LaShaunda	A	
	8:00 - 9:00 pm	Cardio Dance	Bindu	C	
<b>Tues.</b>	9:00 – 10:00 am	Stretch & Strengthen	Diane	A	
	8:00 – 9:00 pm	STRONG	Daniela	B	
<b>Wed.</b>	9:00 – 10:00 am	TRX	Diane	C	
	10:00 – 11:00 am	Zumba	Hanna	A	
	5:00 – 6:00 pm	Zumba	Hanna	B	
	8:00 – 9:00 pm	TRX**	Daniela	C	
<b>Thurs.</b>	10:00 – 11:00 am	Boot Camp	Ashima	B	
	7:00 – 8:00 pm	Zumba	LaShaunda	C	
<b>Fri.</b>	10:00 – 11:00 am	STRONG	Daniela	A	
<b>Sat.</b>	8:45 – 9:45 am	TRX**	Diane	C	
	8:30 – 9:15 am	LaBlast	Ashley	B	
	12:30 – 1:30 pm	Zumba	LaShaunda	B	
<b>Sun.</b>	10:00 – 11:00 am	Total Body Conditioning	Ashima	A	

**6 Month Contract for \$40 per month Unlimited Fitness classes! No registration fee!**

**\*\*Please register for TRX & Pilates classes <https://classbug.com/businesses/1738/offerings>**

**or call (301) 515-8908 or email [info@commotiondance.com](mailto:info@commotiondance.com) prior to attending**

**LOCATIONS**

**Dance Studio: 13097 Wisteria Drive, Basement Level (corner of Waters Rd., in building with Indian Market)**

**RENTALS AVAILABLE FOR TRAINERS, PRODUCTIONS and EVENTS!**

**Call (301) 515-8908 or Email [info@commotiondance.com](mailto:info@commotiondance.com) for more information.**

## PILATES REFORMER & ADULT DANCE

<http://www.commotiondance.com/pilates> • (301) 515-8908 • [info@commotiondance.com](mailto:info@commotiondance.com)

Sign up Now! <https://classbug.com/businesses/1738/offerings>

PILATES REFORMER CLASSES – Reservation Required					REFORMER PRICES & PASSES
Day	Time	Level	Instructor	Studio	
Mon.	9:00 – 10:00 am	Slow/Intermediate	Bonnie	Dance	<b>INTRO Package:</b> <b>\$39.99 Unlimited Week</b>  <b>5–Class Pass: \$137.50</b> (Makes each class \$27.50, Valid for 60 Days)  <b>10–Class Pass: \$250</b> (Makes each class \$25, Valid for 90 Days)  <b>Flex Pass: \$190</b> (unlimited month of Pilates)  <b>Drop In: \$35</b>
Tues.	6:00-7:00 pm	Beginner	Jasmine	Dance	
	7:00-8:00 pm	Beginner	Jasmine	Dance	
Wed.	11:00-12:00 pm	Beginner	Bonnie	Dance	
	7:30–8:30 pm	Beginner/Intermediate	Bonnie	Dance	
Thurs.	9:30 – 10:30 am	Intermediate	Bonnie	Dance	
	10:30 – 11:30 am	Beginner	Bonnie	Dance	
	6:00–7:00 pm	Intermediate	Jasmine	Dance	
	7:00–8:00 pm	New Beginner	Jasmine	Dance	
Fri.	10:00 – 11:00 am	Slow Intermediate	Bonnie	Dance	
	11:00 am – Noon	Beginner/Intermediate	Bonnie	Dance	
Sat.	8:30 – 9:30 am	Intermediate	Heather	Dance	
	9:30 – 10:30 am	Beginner	Heather	Dance	
	10:30 – 11:30am	New Beginner	Heather	Dance	
Sun	9:00 – 10:00am	New Beginner	Jasmine	Dance	

ADULT DANCE TECHNIQUE CLASSES – Starting June 25th, 2018					DANCE PRICES & PASSES
Day	Time	Class	Instructor	Studio	
Tues.	7:30-8:30	Ballet Fundamentals	Samantha	C	<b>10–Class Pass: \$200</b> (Makes each class \$20)  <b>Drop In: \$25</b> (College Students w/ID: \$18)
Wed.	7:00-8:00 pm	Jazz	Dawn	C	
Fri.	1:15-2:15 pm	Ballet	Bonnie	A	

### LOCATIONS

**Dance Studio:** 13097 Wisteria Drive, Basement Level (corner of Waters Rd., in building with Indian Market)

Check online for Pilates Reformer Schedule for Holidays @ <https://classbug.com/businesses/1738/offerings>