

Zumba • Zumba/Toning • STRONG • Stretch & Strengthen • TRX • Total Body Conditioning
 • (301) 515-8908 • info@commotiondance.com

SIGN UP NOW!

CARDIO & STRENGTH CLASSES					CLASS PRICES & PASSES
Day	Time	Class	Instructor	Studio	
Mon.	10:00 – 11:00 am	Zumba	Linda/Hannah	A/V	No Hassle Memberships \$40 per month (6 month contract) 10 class pass \$85 (2 month expiration) Drop In: \$10 Cash
	7:00 – 8:00 pm	Zumba	Breanna	A/V	
	8:00 - 9:00 pm	Cardio Dance	Bindu	V	
Tues.	9:00 – 10:00 am	Stretch & Strengthen	Diane	V	
	8:00 – 9:00 pm	STRONG	Daniela	V	
Wed.	9:00 – 10:00 am	TRX with TBC options	Diane	V	
	7:00 – 8:00 pm	Zumba	Breanna	A	
	8:00 – 9:00 pm	STRONG	Daniela	V	
Thurs.	10:00 – 11:00 am	Boot Camp	Ashima	V	
Fri.	10:00 – 11:00 am	Zumba	Breanna	A/V	
Sat.	9:00-10:00 am	Total Body Conditioning	Diane	V	
	9:00-10:00	Zumba	Breanna	A	
Sun.	10:00 – 11:00 am	Total Body Conditioning	Ashima	V	

6 Month Contract for \$59 per month Unlimited Fitness classes!

****Call to Register for ALL LIVE CLASSES ****

Call to Register (301) 515-8908 or email info@commotiondance.com prior to attending

LOCATION

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

Call (301) 515-8908 or Email info@commotiondance.com for more information.

PILATES REFORMER & ADULT DANCE

commotiondance.com/pilates • (301) 515-8908 • info@commotiondance.com

Sign up Now!

PILATES REFORMER CLASSES – Reservation Required					REFORMER PRICES & PASSES
Day	Time	Level	Instructor	Studio	
Mon.	9:00 – 10:00 am				INTRO Package: \$39.99 Unlimited Week 5–Class Pass: \$145.00 Valid for 60 Days 10–Class Pass: \$260 Valid for 90 Days Flex Pass: \$250 (unlimited month of Pilates) Drop In: \$35
Tues.	6:30-7:30 pm	Beginner	Jasmine	V	
	7:45-8:45 pm	Beginner	Jasmine	Pilates	
Wed.					
Thurs.					
Fri.					
Sat.	8:30 – 9:30 am	Intermediate	Heather	V	
	9:30 – 10:30 am	Beginner	Heather	Pilates	
Sun	10:30-11:30 am	New Beginner	Jasmine	V	

ADULT DANCE

ADULT DANCE TECHNIQUE CLASSES					DANCE PRICES
Day	Time	Class	Instructor	Studio	
Mon.	7:00-8:00 pm	Contemporary	Melissa	Dance	Tuition \$299
Tues.	7:00-8:00 pm	Jazz	Sam	Dance	
Fri.	1:30-2:30 pm	Ballet	Bonnie	Dance	

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Check online for Pilates Reformer Schedule for Holidays