

Conditioning Classes

2021-22 Season

All Levels

Ages 7 & up

Flexibility /PBT Classes

Junior Level Ages 7-10 yrs

Fridays 6:15-7:10pm

Intermediate Level Ages 11-14 years

Wednesdays 7:15-8:10pm

Advanced Level Ages 12 up

Thursdays 5:15-6:10pm

Yoga 4 Dance All Ages 7 up

Fridays 7:15-8:10pm

Pilates 4 Dance All Ages 11 up

Mondays 8:15-9:10pm



CORE DYNAMICS
P I L A T E S & D A N C E