

**1st Class is Always FREE!**



**Classes Start September 21st**

# EASTCOAST

dance&fitness

**Space is Limited - Please Register in Advance for ALL classes.**

## DANCE SCHEDULE

**Studio Z - 45 Crane Ave East Longmeadow - (West Entrance @ Healthtrax)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:15-8:45am Music&Motion(0-3)					8:30-9:15am Ballet, Jazz, Tap & Tumbling (3-6)
	8:45-9:15am Ballet, Jazz, Tap & Tumbling (2-5)					10:15-11am Ballet, Jazz, Tap & Tumbling (6-9)
	9:15-10am Cardio Dance (5 and under)					11-11:30am Music & Motion (0-2)
	3:30-4pm Ballet, Jazz & Tumbling (2-5)					11:30-noon Ballet & Jazz (2-4)
	4-4:45pm Ballet & Tap (10+)	4:30-5pm Music & Motion (0-3)		4:30-5pm Ballet & Jazz (2-3)	4:15-5pm Cardio Dance (10+)	noon - 1pm Ballet, Jazz, Tap, Hip-Hop & Tumbling (10+)
	4:45-5:30pm Tumbling (10+)	5-5:45pm Jazz, Ballet & Tap (6-9)	5-5:45pm Contemporary & Jazz (10+)	5-5:45pm Jazz, Ballet & Tap (3-6)	5-5:45pm Hip-Hop (10+)	1-1:45pm Dance for Special Needs *Monthly*
	5:30 - 6:15pm Tumbling (6-9)	5:45-6:30pm Cardio Dance (6+)	5:45-6:30pm Cardio Dance (6 and under)	5:45-6:30pm Boys Cardio Dance (6+)	5:45-6:30pm Hip-Hop (6-9)	

### DANCE CLASS FEES

Registration Fee \$10  
Walk-In Fee \$10

### **Monthly Tuition**

1 class a week  
healthtrax member \$34  
non-member \$37  
2 classes a week  
healthtrax member \$59  
non-member \$65

**50% off the 2nd class when you register prior to September 21st**

### **Privates**

\$30 for a 1/2 hr

**Registration Waived when you sign up prior to September 21st**

In the process of scheduling Irish Step, Ballroom, Musical Theatre and Dance Yoga.

Interested in another type of class cardio and/or dance related - please contact me to schedule something for your interest.

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**(860) 883-8049**

**www.eastcoastdanceandfitness.com**