

STUDIO 509

FITNESS + WELLNESS + MORE



509 VALLEY STREET, MAPLEWOOD NJ
STUDIO509FITNESS.COM
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WINTER 2019 SCHEDULE

BEGINS JANUARY 7 • 10 WEEK SESSION \$190 • 4 WEEK MINI SESSION \$75

MONDAY

- 4:00 Dance Fusion**
STEPHANIE • GRADES 6 & UP • BEGINNER
- 5:00 Ballet Spirit**
GUADA • PREK-K (4s & 5s)
- 6:00 Tap**
MARY • GRADES 6-12 • INTERMEDIATE
(4-WEEK MINI SESSION BEGINS IN MARCH)
- 6:00 Kind Hearts Improv**
JENIFER • GRADES 3-5 • ALL LEVELS

TUESDAY

- 4:00 Dance Fusion**
GUADA • GRADES K-2 • BEGINNER
- 5:00 Dance Fusion**
GUADA • GRADES 3-5 • BEG/INTER
- 6:00 Total Fitness**
ALLYSON • GRADES 6-12

WEDNESDAY

- 4:00 Hip Hop**
JJ • GRADES 1-4 • ALL LEVELS
- 5:00 Dance Fusion**
GUADA • GRADES 6-12 • INTERMEDIATE

THURSDAY

- 4:00 Hip Hop**
JJ • GRADES 5-10
- 5:00 Move-n-Groove (boys only)**
STEPHANIE • GRADES 2-5
- 6:00 Tap**
MARY • GRADES 3-5 • BEGINNER
(4-WEEK MINI SESSION BEGINS IN MARCH)
- 6:00 Total Fit**
NIKKI • GRADES 6-12

CLASS DESCRIPTIONS

Studio 509 Kids is excited to offer a fall, winter and spring session of kids classes. All of our children's programming **REQUIRES ADVANCED REGISTRATION**. Please visit STUDIO509FITNESS.COM for our current schedule and rates, or contact us at STUDIO509FITNESS@GMAIL.COM.

BALLET SPIRIT Plié, tendue and smile! Basic ballet technique is introduced and fostered as they develop body awareness to improve rhythm, grace and coordination.

DANCE FUSION Get your groove on! This class fuses different dance styles including ballet, modern and jazz set to the most current pop hits.

HIP HOP Pop, lock and go! Learn the basic styles of hip hop to awesome music that will get them ready for the dance floor.

KIND HEARTS Use your imagination and creativity to see what characters emerge in this theater workshop. Learn the craft of improvisation and be the best YOU that you can be.

MOVE N GROOVE Jump, soar and glide! Through music and dance props we will get them moving, spark their creativity and help them experience the fun and athleticism of movement.

TOTAL FITNESS Get moving and get fit! This class combines cardio fitness, flexibility, TRX, pilates and more!

TAP Shuffle, ball change! This exciting class will challenge rhythm and improve coordination. Tap shoes are a must.

DRESS CODE & MORE . . .

- Dancers can wear any dance, workout, or yoga attire that makes them feel good. Our classes don't require shoes with the exception of tap which will require tap shoes.
- Please wear hair pulled back off the face.
- Remember to bring a water bottle.
- Advance registration required.
- Bring a great attitude and get ready to learn and have some fun!