

5678! DANCE STUDIO

FITNESS SCHEDULE

208 WESTSHORE DR., MCCOOK LAKE, SD

(605) 242-5678

MONDAYS	TUESDAYS	THURSDAYS	FRIDAYS
Barre 8:30-9:20 AM	Step 8:30-9:15 AM	Circuit Training 8:30-9:15 AM	Barre 8:30-9:20 AM

COST

DROP INS - \$8.00

10 PUNCHCARD -
\$60.00

5678! PARENTS GET
25% OFF

***Circuit Training** – Circuit training is a form of body conditioning or resistance training using high-intensity aerobics. It targets strength building or muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program.

***Barre** – Essentially, barre classes mix elements of Pilates, dance, yoga and functional training, and the moves are choreographed to motivating music. In each energizing and targeted workout, you'll use the barre and exercise equipment such as mini-balls and small hand weights to sculpt, slim and stretch your entire body.

***Step** – The class provide high intensity, low impact work out. It is a choreographed routine of stepping up and down on a rectangular platform. Stepping up, over, and around an adjustable step to the beat of high-energy music gives you an excellent total-body workout that's good for burning fat, building muscle and improving your fitness.