

SUMMER 2008 CLASSES FOR ADULTS & OLDER TEENS

Begins June 13, 2008¹

OPEN REGISTRATION

CoreRageous Dance & Movement at Historic Savage Mill, 301-490-8898, www.CoreDanceMove.com

DANCE CLASSES

BAL 501	Ballet for Adults	Ages 17 – Adult	Monday	7:15 pm – 8:15 pm	(June 16, 23, 30; July 7) (4 Week Sessions) Enrollment (Min 5 Students)
STJ 551	Street Jazz for Adults	Ages 17 – Adult	Tuesday	7:30 pm – 8:30 pm	
DAN 561	Intro to Ballroom (Every 4 Wks)	Ages 17 – Adult	Thursday	8:00 pm – 9:00 pm	

FITNESS CLASSES

NIA 901	Nia	Ages 15 – Adult	Monday	7:15 pm – 8:15 pm	4-10-20-Class Card
NIA 901	Nia	Ages 15 – Adult	Saturday	9:00 am – 10:00 am	4-10-20-Class Card
PIL 601	Pilates – Beginner Mat	Ages 15 – Adult	Monday ²	9:30 am – 10:20 am	10 or 20-Class Card or Drop-In
PIL 602	Pilates – Open Mat	Ages 15 – Adult	Tuesday	6:15 pm – 7:05 pm	10 or 20-Class Card or Drop-In
PIL 601	Pilates – Beginner Mat	Ages 15 – Adult	Tuesday	7:15 pm – 8:05 pm	10 or 20-Class Card or Drop-In
PIL 602	Pilates – Open Mat	Ages 15 – Adult	Wednesday ³	9:30 am – 10:20 am	4-10-20-Class Card or Drop-In
PIL 601	Pilates – Beginner Mat	Ages 15 – Adult	Wednesday	6:15 pm – 7:05 pm	4-10-20-Class Card or Drop-In
PIL 602	Pilates – Open Mat	Ages 15 – Adult	Wednesday	7:15 pm – 8:05 pm	4-10-20-Class Card or Drop-In
PIL 602	Pilates – Open Mat	Ages 15 – Adult	Thursday	12:00 pm – 12:50 pm	4-10-20-Class Card or Drop-In
PIL 603	Pilates – Mat with Props	Ages 15 – Adult	Thursday ⁴	5:30 pm – 6:20 pm	4-10-20-Class Card or Drop-In
PIL 603	Pilates – Mat with Props	Ages 15 – Adult	Friday ⁵	9:30 am – 10:20 am	4-10-20-Class Card or Drop-In
TAI 581	Tai Chi for Adults	Ages 17 – Adult	Monday	11:30 am – 12:30 pm	Open Enrollment (Min 4 Weeks)
TAI 581	Tai Chi for Adults	Ages 17 – Adult	Wednesday	7:30 pm – 8:30 pm	Open Enrollment (Min 4 Weeks)
YOG 741	Yoga – Beginning Yoga	Ages 14 – Adult	Thursday	6:00 pm – 7:15 pm	4-10-20-Class Card
YOG 743	Yoga – Level 1-2	Ages 14 – Adult	Wednesday	6:00 pm – 7:15 pm	4-10-20-Class Card (Begins 5/21)

- **Classes subject to change; please call or email us for updates.**
- **Pilates, Yoga, & NIA class cards may be used for Pilates, Yoga, & NIA scheduled classes and workshops only. Other workshops outside of these activities are charged accordingly.**
- **For workshops, please call or email us to reserve a spot. Pre-payment is required.**
- **Pilates Mat Classes are 50 minutes in duration and Tower and Apparatus classes are 55 minutes.**

¹ Except as noted elsewhere.

² This class begins July 14, 2008.

³ This class begins July 16, 2008.

⁴ This class begins July 14, 2008.

⁵ This class begins July 18, 2008.