

SUMMER 2008 CLASSES FOR ADULTS & OLDER TEENS
OPEN REGISTRATION

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

DANCE CLASSES

DAN 561	Intro to Ballroom (Every 4 Wks)	Ages 17 – Adult	Thursday	8:00 pm – 9:00 pm	Enrollment (Min 5 Students)
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FITNESS CLASSES

NIA 901	Nia	Ages 15 – Adult	Monday	7:15 pm – 8:15 pm	4- or 10-Class Card
NIA 901	Nia	Ages 15 – Adult	Saturday	9:00 am – 10:00 am	4- or 10-Class Card
PIL 602	Pilates – Open Mat	Ages 15 – Adult	Tuesday	6:15 pm – 7:05 pm	10-Class Card or Drop-In
PIL 601	Pilates – Beginner Mat	Ages 15 – Adult	Tuesday	7:15 pm – 8:05 pm	10-Class Card or Drop-In
PIL 601	Pilates – Beginner Mat	Ages 15 – Adult	Wednesday	6:15 pm – 7:05 pm	4- or 10-Class Card or Drop-In
PIL 602	Pilates – Open Mat	Ages 15 – Adult	Wednesday	7:15 pm – 8:05 pm	4- or 10-Class Card or Drop-In
PIL 602	Pilates – Open Mat	Ages 15 – Adult	Thursday	12:00 pm – 12:50 pm	4- or 10-Class Card or Drop-In
YOG 741	Yoga – Beginning Yoga	Ages 14 – Adult	Thursday	6:00 pm – 7:15 pm	4- or 10-Class Card

- **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.**
- **Tower and Apparatus classes (which are scheduled by appointment only) are 55 minutes.**