

FRIDAY

OPEN CLASS

**\$35/
DANCER**

**MAX 5
DANCERS/
CLASS**

**AGES 10+
OR BSDA
LEVEL 3+**



tampa studio | 4-5pm advanced strength | 6-7pm advanced stretch

FRIDAY

OPEN CLASS

COMBOS

**MAX 25
DANCERS/
CLASS**

**\$20/
DANCER**

**AGES 10+
OR BSDA
LEVEL 3B+**



tampa studio | 5-6pm

DETAILS:

STRENGTH AND STRETCH

- Advanced Strength Class will be on Fridays in Tampa from 4-5pm
- Advanced Stretch Class will be on Fridays in Tampa from 6-7pm
- Both classes will have a max of 5 dancers (can be the same 5 dancers or different, you will need to sign up for both if you want to take both classes)
- These are drop in classes, registration for this week's classes are now open through SignUpGenius links below. If you sign up for the first 5 slots then you have a spot in the class, if you sign up for the waitlist slots you do not have a spot but we will let you know if a spot does open up.
- The classes are \$35/dancer, per class
- This is for dancers in BSDA levels 3 and up (outside dancers must be 10 or older)
- These classes will be taught by Ms. Emily
- If you have these items, please bring: yoga mat, resistance bands, blocks, water

Ms. Emily is a certified stretch therapist and specializes in recovery and injury prevention. We are excited to kick off these opportunities to further your training!

DETAILS:

ADVANCED COMBINATIONS

- Advanced Combinations will be on Fridays in Tampa from 5-6pm
- Class will have a max of 25 dancers
- This is a drop in class and the teacher will change weekly, registration for this week's class is now open through SignUpGenius links below. If you sign up for the first 25 slots then you have a spot in the class, if you sign up for the waitlist slots you do not have a spot but we will let you know if a spot does open up.
- The classes are \$20/dancer
- This is for dancers in BSDA levels 3b and up (outside dancers must be 10 or older)