



~Dancetone~

Tone/Chisel/Sculpt/ Lengthen/ Define
with DANCE!

September 2nd – December 15th

Come for a fun, easy-to-follow
energy-loaded class!

Who: Ages 12 and up. **No** dance experience necessary

When: **Monday; 9 AM**
Wednesday; 9AM
Tuesday; 7:30 PM

Where: Whittier Community Center gym. (290 N 4th E, Logan, Utah)

Bring: Dress Comfortable, a towel, H2O and a friend or two to sweat with.
A yoga mat is required and can be purchased inexpensively at Ross or TJMaxx.

What: Strength and toning format comprising elements of dance, pilates and yoga. Class focus areas will be flexibility, balance, postural alignment, core strength, muscular definition, endurance and dance artistry through standing and mat work. Participants will move through strength-building sequences and toning combinations for an all-over body workout.

Instructor: **Tammie Clark** – personal trainer and fitness instructor

Pricing*: Once a week: \$120
Twice a week: \$215
Thrice a week: \$300
Pay by the class, \$10.00 each.

***Make checks to CV&B. Enrollment is ongoing and semester based tuition will be prorated by start date.**

Questions?? Call Tammie 792-3488 (FITT) email: fit2bfit@gmail.com