



# BALLET BARRE FITNESS

Wednesdays & Fridays 8:30am with Susan  
 Tuesdays 7:30pm with Jenny  
 Wednesdays 7:30pm with Carmen

Combining the benefits of ballet with fitness, ballet barre focuses on building muscle and burning calories. Light weights, therea bands, balls and basic ballet movement at the barre are used throughout class. Perfect for individuals looking for a low impact workout and challenging enough for fitness enthusiasts. Not only will you improve your overall fitness, but you'll also see improvements in your posture, stability and coordination.



www.kickitup.com

**562.430.1812**

8129 E. Wardlow Rd • Long Beach, CA 90808



## Kick It Up Dance & Fitness Schedule 2017

www.kickitup.com ~ 8125 & 8129 E. Wardlow Rd. Long Beach, CA 90808 ~ 562-430-1812

### Dance & Musical Theater Pricing

<b>Suggested Ages: Mini: 3 - 6 Junior: 7 - 10 Teen: 11 - 13 Senior: 14+</b>			
All of our pricing is family based and MONTHLY (plus a yearly \$35 registration fee)			
One Class	\$55.00	Unlimited for 1	\$200.00
Two Classes	\$90.00	Unlimited for 2	\$325.00
Three Classes	\$125.00	Private Lessons:	
Four Classes	\$150.00	Dance	\$60 / hour, \$220 for 4
Five Classes	\$175.00	Music	\$60 / hour, \$220 for 4

### Yearly Happenings at Kick It Up

September 4th (Monday)	Studio Closed	Labor Day
October 31st (Tuesday)	Studio Closed	Halloween
Nov 23rd - 26th (Th - Su)	Studio Closed	Thanksgiving Break
December 17th (Sunday)**	Winter Showcase	A whimsical holiday performance, at Cypress College
Dec 22 (Fri) - Jan 4 (Thu)	Studio Closed	Winter Holiday Break
January	Lead Auditions	The theme for 2018 is "Part of Your World" and will be held at Lakewood High School
June 8th (Fri) - 9th (Sat)**	Ballet and Recital	
June/ July	Summer Dance Camps, Master Classes and Intensives	
August	Team Auditions	Contemporary, Hip Hop, Hula, Jazz, Show Choir and Tap

\*\* tentative dates

### Adult Dance & Fitness Classes

<b>Monthly: \$25 for 1 class a week, \$50 2 classes a week, \$75 unlimited</b>			
Adult Ballet (6 week sessions)	Thursday	9:30am	Susan Janson
	Thursday	7:30pm	Susan Janson
Adult Tap (6 wk session)	Thursday	10:30am	Susan Janson
Adult Tap (ongoing)	Friday	4:30pm	Susan Janson
Ballet Barre	Wednesday	8:30am	Susan Janson
	Wednesday	7:30pm	Carmen Infante
	Friday	8:30am	Susan Janson
	Tuesday	7:30pm	Jenny Kellogg
Belly Jamz	Friday	9:30am	Carmen Infante
Cardio Sculpt	Monday	9:30am	Carmen Infante
Hot Hula	Wednesday	9:30am	Carmen Infante
Zumba	Monday	6:30pm	Tiffany Churchill
Zumba	Wednesday	6:30pm	Isabel Moses-Caldera
	Sunday	10:15am	Betty Layman
Zumba Tone	Tuesday	6:30pm	Betty Layman
	Thursday	6:30pm	Isabel Moses-Caldera
	Saturday	8:00am	Isabel Moses-Caldera

This schedule current as of August 26th 2017.