

## Monday Mornings & Afternoons Summer 2025

JUNE Dates: June 9, June 16

JULY Dates: July 7, July 14, July 21

AUGUST Dates: Aug 4, Aug 11, Aug 18

Studio A	Studio B	Studio C	Art Room
9:30 – 10:10 Intermediate Lyrical with Ms. Kristen ages 11 & up \$25 – class #July1			
10:20 – 11:00 Intermediate Cheer (stunts & Tricks) with Ms. Kristen ages 11 & up \$25 – class #July2			
11:10 – 12:00 Advanced Cheer (stunts & tricks) with Ms. Kristen (placement required) \$30 – class #July3			<b>Please see our website for full art class descriptions.</b>
12:10-1:00 Advanced Lyrical with Ms. Kristen (placement required) \$30 – class #July7	12:00 – 12:40 Tap Ages 6-10 With Miss Lydia \$17 – class #June1 \$25 – class #July4 \$25 – class #Aug1	12:00-12:30 Intro to Tap Ages 4-5 Teen Taught by Miss Clara \$10 – class #June2 \$15 – class #July5 \$15 – class #Aug2	12:00-12:45 Art Adventures Ages 7-10 With Ms. Vanessa \$20 – class #June3 \$30 – class #July6 \$30 – class #Aug3
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Studio E	Studio B	Studio C	Art Room
<p>1:15 – 2:30 Trim Healthy Mama Education &amp; Workout for ADULTS With Ms. Mary \$20 – class #June8 \$30 – class #July12 \$20 – class #Aug8</p> <p><b>CLASS DESCRIPTION:</b> This class will teach the basic concept of following the Trim Healthy Mama eating lifestyle. You will learn how to make it simple and do-able for the whole family or just you. You will learn how to fuel your body, make good choices for health and treat your body to delicious foods and desserts. We will be going through "The Plan" book. You can purchase the book or borrow it from the library. The Trim Healthy Workout will help you build lean body mass, clean up your muscle tissue and become an epic burner. We will be starting with the Beginner 20 and move through the workouts from the Trim Healthy Mama membership site.</p>	<p>12:50 – 1:35 Boys &amp; Girls Fitness &amp; Games Ages 6-11 With Miss Lydia \$17 – class #June5 \$25 – class #July9 \$25 – class #Aug5</p>	<p>12:35-1:05 Intro to Ballet Ages 4-5 Teen Taught by Miss Clara \$10 – class #June4 \$15 – class #July8 \$15 – class #Aug4</p>	<p>1:00-1:45 Teen Bible Journaling With Ms. Vanessa \$20 – class #June6 \$30 – class #July10 \$30 – class #Aug6</p>
		<p>1:10-1:45 Ballet Ages 6-10 Teen Taught by Miss Clara \$10 – class #June7 \$15 – class #July11 \$15 – class #Aug7</p>	
	<p>1:50 – 2:25 Lyrical Ages 6-10 With Miss Lydia \$17 – class #June9 \$25 – class #July13 \$25 – class #Aug9</p>	<p>1:50-2:25 Jazz Ages 8-10 Teen Taught by Miss Clara \$15 – class #July14 \$15 – class #Aug10</p>	<p>1:50 – 2:30 Artful Stories Ages 5-6 With Ms. Vanessa \$20 – class #June11 \$30 – class #July15 \$30 – class #Aug11</p>
	<p>2:30 – 3:30 Music &amp; Movement with Storytime Ages 3-6 Teen Taught by Miss Lydia \$17 – class #June12 \$25 – class #July16 \$25 – class #Aug12</p>	<p>2:35-3:10 Jazz Ages 6-8 Teen Taught by Miss Clara \$10 – class #June13 \$15 – class #July17 \$15 – class #Aug13</p>	<p>2:40-3:30 Art Beyond Measure Ages 9-12 With Ms. Vanessa \$20 – class #June14 \$30 – class #July18 \$30 – class #Aug14</p>

## Tuesday Evenings Summer 2025

JUNE Dates: June 10, June 17

JULY Dates: July 8, July 15 , July 22

AUGUST Dates: Aug 5, Aug 12, Aug 19

Studio A	Studio B	Studio C	Studio D
<p>4:00 – 4:45 Intermediate 1 Lyrical Ages 11 &amp; up With Miss Lydia \$17 – class #June15 (the June class will be 6:20-7:05) \$25 – class #July19 \$25 – class #Aug17</p>			<p>4:00 – 4:45 Pointwork (placement required) With Ms. Teresa \$14 – class #June17 \$21– class #July 21 \$21 – class #Aug16</p>
<p>4:55 – 5:40 Intermediate 2 Lyrical (placement required) With Miss Lydia \$25 – class #July 23 \$25 – class #Aug19</p>		<p>5:00 – 5:30 Ages 6-8 Jazz Teen Taught with Clara \$15 – class #July24 \$15 – class #Aug20</p>	<p>5:00 – 5:30 Intro to Jazz Ages 4-5 Teen Taught with Dawn \$15 – class #July25 \$15 – class #Aug21</p>
<p>5:45 – 6:20 Lyrical Ages 8-10 With Miss Lydia \$21 – class #July29 \$21 – class #Aug25</p>	<p>5:15-6:00 Intermediate 1 Hip Hop Ages 11 &amp; up With Miss Anne \$17 – class #June22 \$25 – class #July26 \$25 – class #Aug22</p>	<p>5:35 – 6:05 Intro to Tap Ages 4-5 Teen Taught with Clara \$15 – class #July27 \$15 – class #Aug24</p>	<p>5:35 – 6:05 Cheer &amp; Dance Ages 6-8 Teen Taught with Dawn \$10 – class #June24 \$15 – class #July28 \$15 – class #Aug23</p>
MORE CLASSES ON THE NEXT PAGE			

<b>Studio A</b>	<b>Studio B</b>	<b>Studio C</b>	<b>Studio D</b>
6:30-7:00 Lyrical Ages 6-8 With Miss Lydia \$21 – class #July33 \$21 – class #Aug29	6:10 – 7:00 ADULT Hip Hop With Ms. Teresa \$15 – class #June26 \$20 – class #July30 \$20 – class #Aug27	6:10-6:55 Intermediate 1 Tap Ages 11 & up With Miss Anne \$17 – class #June27 \$20 – class #July31 \$20 – class #Aug26	6:15-6:50 Cheer & Dance Ages 8-10 Teen Taught with Dawn & Clara \$15 – class #July32 \$15 – class #Aug28
7:10 – 8:00 Strength & Conditioning Ages 11 & up With Miss Lydia \$17 – class #June30 \$25 – class #July34 \$25 – class #Aug31	7:10 – 8:00 ADULT Tap With Ms. Tiffany \$15 – class #June31 \$20 – class #July35 \$20 – class #Aug30		

## Thursday Evenings Summer 2025

JUNE Dates: June 12, June 19

JULY Dates: July 17, July 24, July 31

AUGUST Dates: Aug 7, Aug 14, Aug 21

### Studio A

3:30-4:00

Hip Hop

Ages 6-10

With Ms. Jenna

\$14 – Class #June33

\$21 – Class #July37

\$21 – Class #Aug33

4:10-4:40

Ballet

Ages 6-10

With Miss Lydia

\$14 – Class #June34

\$21 – Class #July38

\$21 – Class #Aug34

4:50-5:20

Ballet

Ages 4-5

With Miss Lydia

\$21 – Class #July40

\$21 – Class #Aug36

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<b>Studio A</b>	
	5:25-5:55 Intro to Jazz Ages 4-5 With Miss Lydia \$21 – Class #July42 \$21 – Class #Aug38
	6:00 – 6:45 Intermediate 1 Ballet Ages 11 & up With Miss Lydia \$17 – Class #June40 \$25 – Class #July44 \$25 – Class #Aug40