



danceScape

2077 Pine Street | Burlington, ON L7R 1G1
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Winter 2010 Dance Fitness Programs

danceTONE (women only, no experience necessary)

danceTONE is a low-impact dance-based fitness program that begins with a light warm-up, and continues with easy-to-learn dance steps and routines. This session will incorporate Rumba, Cha Cha, Jive, and Samba. It's so much fun you'll forget you're sweating!

Mondays: begins January 18, 6:00 p.m.

Wednesdays: begins January 20, 6:00 p.m.

Zumba® (open to women and men, no experience necessary)

Zumba® combines high-impact Colombian-based dance moves, such as Merengue, Bachata, Mambo, Calypso, and Salsa, and resistance training exercises. This fitness program feels like a fun dance workout party!

Beginner Zumba®: begins Monday, January 18, 6:00 p.m.

Register today, as past sessions have quickly filled to capacity!

Register for one class: \$150.00 + \$7.50 (5% GST) = \$157.50 per person

\$157.50 x _____ people = \$_____

Register for two classes: \$250.00 + \$12.50 (5% GST) = \$262.50 per person

\$262.50 x _____ people = \$_____ (save \$50 per person)

Name: _____

Address: _____

City: _____ Postal Code: _____

Telephone: _____ Cell Phone: _____

E-mail: _____

How did you hear about danceScape? _____

CREDIT CARD Card Type: VISA MasterCard American Express

Card Number: _____

Name on Card: _____ Expiry: _____/_____

CHEQUE Payable to "danceScape"; returned items subject to \$20 NSF fee CASH DEBIT

danceScape reserves the right to substitute instructors, dances and/or dance steps, and learning sequences, based on class progress and size. Payment must be received in advance to guarantee spot. No refunds on package prices once booked.