

Zumba

The dance craze that is taking over the world! With all that it offers...the rhythm of Brazilian and hip shaking beats, great for cardio and weight loss, this is one time in your week when you can totally let loose, laugh and experience the freedom and fun that is Zumba!

Zumbatomic

Just for kids! They will have such a great time whilst developing co-ordination; rhythm, musicality, and fitness all while making friends and having fun!

Stretch/Toning

Our yoga-based stretch classes blend stretching movement with the graceful control of dance to tone and invigorate the body & release stress. The aim is to develop core strength, ease & openness in the joints to assist good posture & flatten the tummy. Suitable for all fitness levels.

Funk

An awesome class filled with a stylized combination of street funk, hip hop and pop. Get your groove on and get funky while learning the latest moves, similar to styles seen on video clips for J Lo, Janet & Michael Jackson and Destiny's Child.

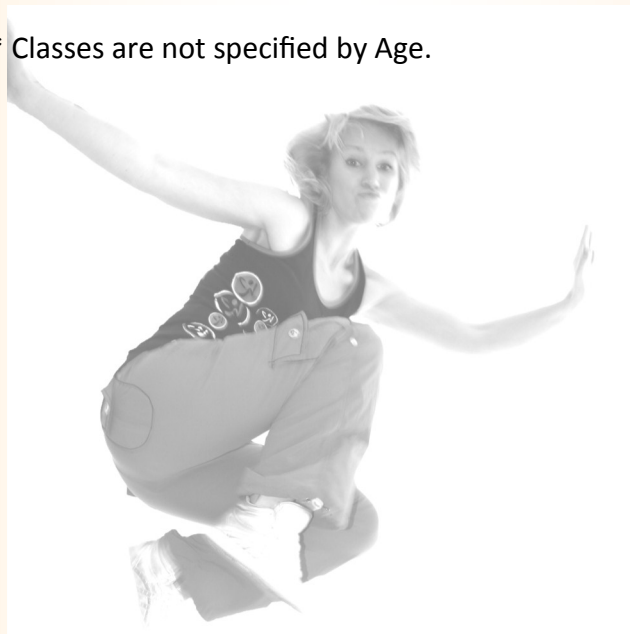
Salsa

Is the most popular couples style of dance in the world, and it's quite easy to learn. The very word gets your heart racing with anticipation. You'll learn the art of partner dancing, musicality and timing. Bring a partner or team up with someone in the class.

Contemporary

Similar to the style performed by the Sydney Dance Company - a blend of ballet and modern movement. A beautiful style which helps to develop the love of dance, artistry interpretation and encourages self expression and creativity.

* Classes are not specified by Age.



For Further Information on what to wear/bring to class please visit our website www.planetfitness.com.au or become our friend on Facebook.



IMAGINE

DANCE

TIMETABLE

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IMAGINE
DANCE STUDIO



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The future of dance is here at the all new *IMAGINE DANCE STUDIOS* at PLANET FITNESS. Workshops by guest teachers and choreographers will be held on various Saturdays. Please register with the club to receive more information on these workshops.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:30AM BABY BOPPERS 45mins		9:30AM ZUMBA
			10:15AM ZUMBA		10:30AM ZUMBATOMIC 45mins For Kids
		4:00PM HIP HOP 45mins For Kids 7yrs & Under		6:00PM STRETCH/TONING	
7:00PM SALSA	7:15PM ZUMBA	5:15PM HIP HOP 45mins For Kids 8-12 yrs			
8:00PM SALSA INTR 30mins		7:00PM FUNK/ CONTEMPORARY			

DANCE CLASSES \$8 Members & \$10 Non-Members

ZUMBA CLASSES \$5 Members & \$10 Non-Members

