

# BALLET IDAHO

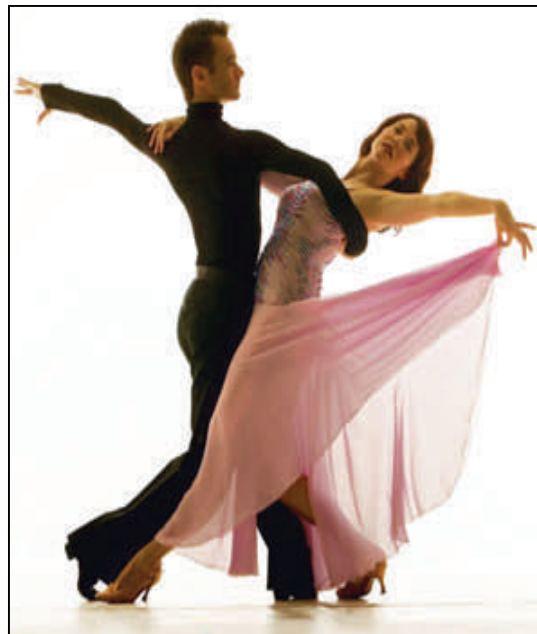
.....  
ACADEMY

Choice Fit Club

Fitness & Fun Together

## Zumba Is Here!

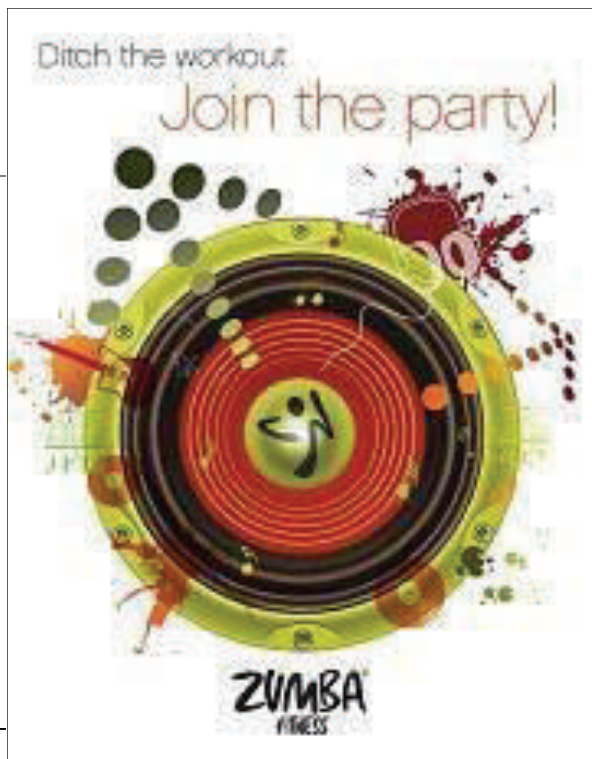
This is a Latin Dance-Fitness that fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away. Zumba® Fanatics achieve long term health benefits while experiencing an absolute blast in one exhilarating class of caloric-burning, body-energizing, awe inspiring movements meant to engage and captivate for life! Resistance training is combined to tone and sculpt your body while burning fat. There is a focus on increasing your strength and flexibility in the core. Add some Latin flavor and international zest into the mix and you've got Zumba®! Zumba® promises to give you a GREAT workout while having a blast and will get you hooked right away!



## Ballroom Dancing!

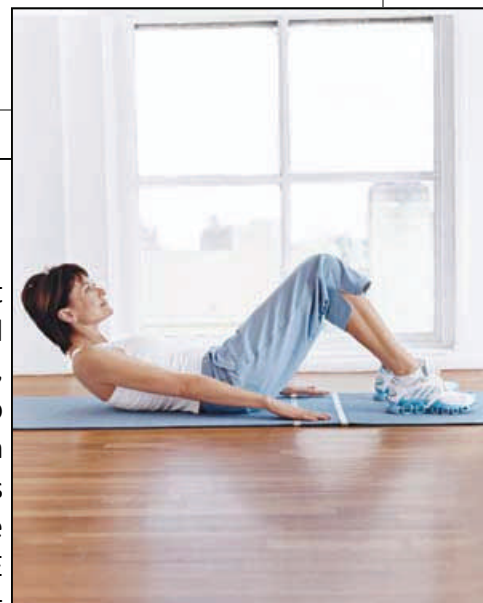
### 1-2 Cha-Cha-Cha

Ballroom dancing includes the *waltz*, *foxtrot*, *tango*, *salsa*, *cha cha* and other dances from around the world. Ballroom dancing with a partner requires good balance, a sense of rhythm and strong body awareness. Ballroom dancing is a great way to improve your fitness and flexibility, relieve stress, and for students make you more popular at school dances.



## Tone & Stretch

This class has been the catalyst in forming our Choice Fit Club. When this exercise class was formed we had no idea that it would grow to be what it has. It has forced us into having the desire to grow our Adult Classes and form them into a more "fitness" related program. We want to bring dance, health and fitness together for our adults and age appropriate students to create a program that is both fun, and good for the body. Tone and Stretch brings exercises into place that will increase both strength and flexibility as well as tone your body to prepare it for that summer suit. It is a 45 minute class that is packed full of abdominal, leg, chest, and arm exercises. A SURE way to get into shape fast! Join us for this class and learn the basics on what it takes to be tone.



## The Club Details

This is a “monthly” club. Pay one flat fee per month and attend unlimited Open Adult Classes every month! Have fun and get in shape all at the same time.

Here is the promotion that we are offering you if you join now. You have 3 options;

### Option 1 (On-going)

Pay \$50 per month and attend all the classes you want as many times as you like, have a great time, meet new friends and acquire a rockin’ body!

### Option 2 (limited time offer)

Commit to 3 months at \$50 per month and attend all the classes you want as many times as you like, have a great time, meet new friends and acquire a rockin’ body! AND receive Season Tickets to the 2010-2011 Family Series, AND a Ballet Idaho water bottle.

### Option 3 (limited time offer)

Commit to 6 months at \$50 per month and attend all the classes you want as many times as you like, have a great time, meet new friends and acquire a rockin’ body! And receive an exclusive Ballet Idaho Bag, *and* Ballet Idaho water bottle, *and* be able to receive 20% off your 2010-2011 Ballet Idaho Season Tickets.

What great deals these are! You surely don’t want to miss out on them and you will definitely want to tell ALL your friends.

We are so excited about these classes and know you will love them too. We are wanting to expand our classes so watch for more to come as time goes on. Some of the classes we want to add are:

Kick-boxing  
Flamenco Dancing  
Health & Nutrition  
Weight Management

### ***Class Schedule***

Zumba	Monday	8:00-8:50 pm	Studio 4
	Tuesday	7:30-8:25 am	Studio 4
	Friday	8:00-8:50 am	Studio 4
Tone & Stretch	Monday	5:00-5:45 pm	Studio 4
	Wednesday	7:00-7:45 pm	Studio 4
Ballroom Dancing	Monday	6:00-7:00pm	Studio 4

For information on how to register ask Durea at the Desk! Or Call Ballet Idaho at 343-0556