

Dancers will receive:

Personal folder with sheets on each dance along with the steps to be taught.

Instructors will track your progress through the steps at the end of each session and note advancements through the levels.

Recommendation:

Dancers benefit by taking notes during class to assist in their practice between classes.

Monthly Dances

Pay at the door:

Dancers taking classes - \$10 each

Not enrolled in classes - \$15 each

HOW TO REGISTER

Contact Judy Hernandez at 603-677-2410 for details/information and to determine which level you would enroll in before completing the enrollment form at The Fitness Edge in Meredith prior to session beginning.

Per Session Rates (6 classes each)

Beginner & Intermediate Levels:	Per Person:	Per Couple:
At the Door on first night	\$110	\$215
Pre-Paid 30 days in advance	\$100	\$195
The Fitness Edge Gym Member (Membership required)	\$90	\$175
Senior Citizens (65 and Over)	\$90	\$175
College Students (College ID required)	\$80	\$155
Children (ages 13-17 with parents in attendance)	\$70	N/A
Advanced I & Advanced II Levels:	Per Person:	Per Couple:
At the Door on first night	\$120	\$235
Pre-Paid 30 days in advance	\$110	\$215
The Fitness Edge Gym Member (Membership required)	\$100	\$195
Senior Citizens (65 and Over)	\$100	\$195
College Students (College ID required)	\$90	\$175
Children (ages 13-17 with parents in attendance)	\$80	N/A



Ballroom Dance Classes

Tuesday & Thursday

Evenings



Public Dances

on the

1st Saturday

of each Month

ATTENTION: NH Lakes Region Ballroom Dancers

The Fitness Edge is proud to announce that they will be hosting new Ballroom Dance classes, beginning January 3th, 2012.

There will be 4 levels of classes from Beginner, Intermediate, Advanced I, and Advanced II, designed for any couples or individuals, of ALL ages, who are interested in:

- Learning Ballroom in a relaxed and fun environment
- Exercising the brain and body
- Increasing body awareness
- Balance and Coordination

What to Expect

You will learn the Foot Positions, Timing, Lead/Follow and Styling of the dances in a positive and supportive environment.

What to Bring

- Wear comfortable dancing clothes and suede bottom shoes (a must for the hardwood dance floor).
- Bring water as it is important to stay hydrated
- A positive attitude

INSTRUCTORS:

Joe Iadonisi and Judy Hernandez both bring their love of music and ballroom dancing to share with you.

Joe has over 30 years of professional experience in teaching students ballroom of all ages.

Judy has over 15 years of dancing and competing in American and International styles with extensive Latin experience.



SCHEDULE for 2012

Each session will consist of 6 - 1 hour classes (see back of brochure for rates)

1st Session = Foxtrot & Samba

January 3rd – February 9th

2nd Session = Waltz & Rumba

February 21st – March 29th

3rd Session = Tango & Cha Cha

April 10th – May 17th

4th Session = Merengue & Mambo

June 5th – July 19th

5th Session = Swing & Hustle

July 31st – September 13th

Class Nights and Times per Level:

Tuesdays 6:45-7:45 pm = Beginner

Tuesdays 7:45-8:45 pm = Intermediate

Thursdays 6:45-7:45 pm = Advanced I

Thursdays 7:45-8:45 pm = Advanced II

Monthly Dance to Practice:

1st Saturday of each month

7 - 10 pm and open to the public

Begins on January 7th, 2012