



"Fun-filled Summer Camps!"

Princess Camp **Ages 3-6**

July 19-22

10 a.m.-12 p.m.

\$75/4 day session

 ***Come dance like a princess in this 4 day camp!***

Explore the world of dance as a little princess! Your little princess will enjoy a creative movement, princess movie time, games, snacks and a craft as they listen to their favorite princess songs. Encouraged to wear princess attire with leotard underneath. Tea Party Showcase at the end of the week.

Enrollment is limited so reserve your spot today ☺

Enrollment is limited so reserve your spot today so you don't miss out on the fun!! ☺



Cheer & Pom Camp **Ages 8-12**

August 2-5

10 a.m.-12 p.m.

\$75/4 day session

 ***Come learn the latest cheer and pom moves in this 4 day camp!***

This camp will teach your child how to be a cheerleader. They will learn the fundamentals of pom, sideline cheers, beginner stunts, beginner tumbling and more! This four day camp will also include movie time, snacks, and a showcase on day four!

Enrollment is limited so book your reservation today! ☺



Summer Fitness Classes

Summer Registration—Monday, June 28th from 4-7 pm
Dancers Only Studio * 45579 Mound Rd * Shelby Twp MI 48317 * 586.739.1277
www.dancersonly.net

Summer Fitness Classes begins July 5th

\$45/monthly fitness card (good for unlimited fitness classes for July or Aug *excludes Boot Camp*)

\$50/8 class punch card – Boot Camp class only

\$7 – drop in classes

Monday

8:30-9:15 am—Zumba

Tuesday

7:45-8:30 pm—Boot Camp**

Wednesday

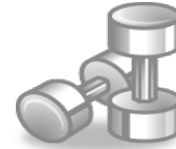
9:30-10:15 am—Absaglutely
6:30- 7:15 pm—Yogalates

Thursday

7:45-8:30 pm—Zumba

Friday

8:30-9:15 am—Boot Camp**



A fusion of hypnotic Latin rhythms and easy to follow moves that create a dynamic workout that's a blast! Zumba routines use fast and slow rhythms which help you tone & sculpt your body while burning up to 600-800 calories in a 1 hour class! Add some Latin flavor and you've got Zumba! Come join the party!



Sign up for “*Boot Camp Basics*” and give yourself an opportunity to see how proper training techniques actually get results. In just 45 minutes, you will get a complete total body workout using mainly your own body weight & dumbbells. You will learn the most effective moves to maximize results. Work at your own pace in a group environment. Classes are lead by a Certified Personal Trainer who specializes in Boot Camp Fitness Classes. You will leave class feeling strong and energized! *Remember to bring your dumbbells and mat* 😊



“*Absaglutely*” total abs & glute workout that will work your legs and abs from every angle with the use of free weights and body weight resistance. In just 45 minutes, you will get a complete “*trouble zone*” workout. Work at your own pace in a group environment. *If you want flat abs, toned legs, loss of body fat and inches, increased strength & energy, this is the class for you!* *Remember to bring your dumbbells, mat & optional ankle weights* 😊



Yogalates is a great way to strengthen your core, reshape your body& simultaneously become calm and focused. *Remember to bring a mat to class* 😊



Summer Fitness Registration 2010

Please fill out and return

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In consideration of **Dancers Only Studio** allowing the below named student to participate in any of its Boot Camp Basics, Zumba, Absaglutely, or Yagalates fitness classes, I do hereby forever release and hold harmless **Dancers Only Studio**, its owner, employees, volunteers, teachers and staff from any and all claims of every kind or nature arising out of participation in dance and/or any of the above mentioned fitness instruction or activity associated with **Dancers Only Studio**. I certify that I am in good health and able to participate safely in any activity in which I have registered to participate in at **Dancers Only Studio**. Signing this agreement acknowledges that I have read, fully understand, and agree to all of the above information and as parent, legal guardian and/or representative for the below signed student hereby assume all risk regarding this activity.

Name _____ Date _____
Parent/Guardian
Address _____ Email _____
_____ Phone _____

Please make checks payable to:

Dancers Only Studio * 45579 Mound Rd * Shelby Twp MI 48317 * 586.739.1277
www.dancersonly.net

Office Use Only – Please do not write below this line.

Amount Pd \$ _____ Boot Camp Punch / Drop In (circle one) Cash/Ck # _____ Pmt. Rec'd by _____
Amount Pd \$ _____ Fitness Card July /August (circle one) Cash/Ck # _____ Pmt. Rec'd by _____

NOTE there will be NO fitness classes August 17-20. There WILL still be Boot Camp class held that week 😊