

Summer Conditioning & Technique Dance Classes

Holly Hughes
Dance Academy
251 Edinburgh Rd N
519-836-7402
www.hollyhughes.ca

Wednesday & Thursday evenings
5:15-8:15pm

August 8, 9, 15, 16, 22 & 23

- Improve your flexibility
- Enhance your dance technique
- Work your strength training
- Get the upper edge before returning to class in September!

Fun stretches, cardio and technique building exercises you can take home to continue your training throughout the year!

Highly recommended for competitive students!

Classes open to everyone ages 8-18 of any dance level and ability. Commitment to work hard and improve yourself is all that's required!

Call or visit the studio to register!

\$230.00 +HST for full session (6 classes)

\$45.00 +HST per class

5% discount given if you register & pay for all 6 classes by May 3rd

Red & Black therabands are also required & can be purchased through the Holly Hughes Dance Academy at time of registration.

