

Gems Cheerleading

Basics in motion, jumps, tumbling, dance, and acrobatics



Performers \$87.00

5yr +

\$14.50/class

Friday 5:30 - 7:00

Dance

Technique \$73.50

6yr - 9yr

\$12.25/class

Monday 4:30 - 5:15

Thursday 6:45 - 7:30

Basic ballet technique intermixed with jazz and lyrical dance



Butterflies \$90.00

3yr - 6yr

\$15/class

Tuesday 3:45 - 4:45

Wednesday 4:30 - 5:30

Basic ballet technique and gymnastics rolled into one



Hip Hop \$84.00

6yr +

\$14/class

Tuesday 5:30 - 6:30

Saturday 10:00a - 11:00a

**Ballroom \$5/class single
\$7/class couple**

You and a partner will learn to waltz, salsa, and foxtrot all while having fun dancing in a pleasant, positive atmosphere!

Monday 7:30 - 8:30



Adults

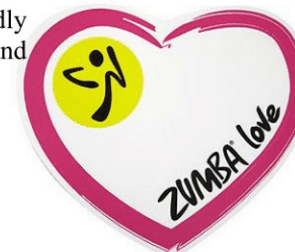
For the kid in all of us

Dance in a pleasant, positive, family-friendly atmosphere. If you can move your limbs and smile, you can do this!

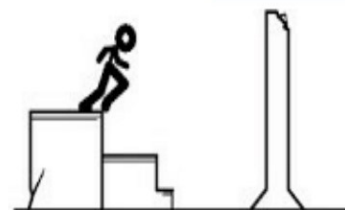
Monday 6:00 - 7:00

Wednesday 6:00 - 7:00

\$5/class - punch card available



Warrior Fitness



Fans of Ninja Warrior, Parkour, and Cross Fit now have a home to train at!

Tuesday 7:30 - 9:00

Thursday 7:30 - 9:00

\$7/class - punch card available



Get your body a little more toned, a little more flexible, and a little more balanced.

Monday 10:30a - 12:00

\$7/ class

Ballroom Dance

You and a partner will learn to waltz, salsa, and foxtrot all while having fun dancing in a pleasant, positive atmosphere!

Monday 7:30 - 8:30

\$5/class - for a single
\$7/ class - for a couple

