

**Adults, Infants, Toddlers
and Home School
Physical Fitness Classes**

**EAST COAST PERFORMING ARTS
Morning Classes at ECPA**

**386-774-0555
Beginning Monday, Jan. 8th 2018**

Adult Classes			Home School Classes				
Tuesday							
8:30a-9:30	ZUMBA GOLD	Ms. Lourdes		9:30a-10:30a	Ballet, Tap & Tumble ages 2-4		
9:30a-10:30	Strength & Conditioning	Ms. Cara		10:30a-11:30	Ballet & Lyrical ages 6 & Older		
Wednesday							
8:45a-9:45	Yoga/Pilates	Ms. Lourdes		8:30a-9:30	Tap ages 6 & Older		
10:30a-11:30	Beg. Silks	Ms. Shelby		9:30a-10:30	Acro & Tumbling ages 6 & Older		
Thursday							
9:00a-10:00	Strength & Conditioning	Ms. Cara					
10:00a-11:00a	Adult Beg/Int Tap	Ms. Cara					
NOTE:	Please Bring your own weights to classes. Sneakers and athletic wear needed.						
Prices:	\$5 per child for all home school classes!! No Contract, but please be sure to fill out our registration form/release of liability.						
	\$60 a month for unlimited adult classes. NO CONTRACTS						
	\$10 for "Drop-In Adult Classes"						

****The schedule is subject to change at anytime due to supply and demand. Please call ahead or the day before to ask about classes and let us know you are coming. You can also check out Facebook page and/or email the director for updates at: ecpa.dance@gmail.com**