

**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**

<b>Monday</b>							
9:00-10:00	Zumba	Ms. Lourdes					
10:00-11:00	Strength & Conditioning	Ms. Cara					
<b>Tuesday</b>							
9:45-10:15	Infant Class	Ms. Cara					
10:30-11:30	Strength & Conditioning	Ms. Cara					
10:30a-12:00	Adult Ballet for Experienced Dancers	Ms. Kelsie					
11:30-12:30	Yoga/Pilates	Ms. Lourdes					
<b>Wednesday</b>							
9:30a-10:30	Beg. Salsa	Ms. Nydia					
10:30a-11:30	Beg. Silks	Ms. Shelby					
<b>Thursday</b>							
9:00-9:30	Mommy & Me Class	Ms. Cara					
9:30-10:30	Strength & Conditioning	Ms. Cara					
10:30-11:15	Adult Beg/Int Tap	Ms. Cara					
<b>NOTE:</b>	Please Bring your own weights to classes. Sneakers and athletic wear needed.						
<b>Prices:</b>	<b>Registration Fee: \$30 for the year. \$10 registration if your child is already enrolled at ECPA.</b>						
	<b>\$60 a month for unlimited adult classes. More will be added as the program builds. NO CONTRACTS</b>						
	<b>\$10 for "Drop-In Classes"</b>						
	<b>Purchase a 10 class card for \$95</b>		<b>**Childcare &amp; additional subjects will be added based on demand.</b>				

**\*\*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](mailto:ecpa.dance@gmail.com)**