

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

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

**386-774-0555
Starting Oct. 16th**

Monday								
8:30a-9:15	YOGA	Ms. Angelica	This class will begin Nov. 13th					
9:30a-10:30	Adult Ballet	Ms. Cara	This class will begin Nov. 13th					
Tuesday								
8:30a-9:30	Zumba	Ms. Carla						
9:30a-10:30	Strength & Conditioning	Ms. Cara						
10:30a-11:15	Infant Class	Ms. Cara & Ms. Erika						
10:30a-12:00	Adult Ballet for Experienced Dancers	Ms. Kelsie						
Wednesday								
9:30a-10:30	Salsa	Ms. Nydia						
10:30a-11:30	Silks	Ms. Shelby						
11:30-12:15	Mommy & Me Class	Ms. Cara						
Thursday								
8:30a-9:15	Pilates	Ms. Angelica						
9:30a-10:30	Strength & Conditioning	Ms. Cara						
10:30a-11:15	Adult Tap	Ms. Cara						
Friday								
NOTE:	Please Bring your own weights to classes. Sneakers and athletic wear needed.							
Prices:	Registration Fee: \$30 for the year. \$10 registration if your child is already enrolled at ECPA.							
	\$60 a month for unlimited adult classes. More will be added as the program builds. NO CONTRACTS							
	\$10 for "Drop-In Classes"							
	Purchase a 10 class card for \$95		<i>**Childcare & additional subjects will be added based on demand.</i>					