

## TUITION & FEES

**\*We offer make-ups but no refunds**

**+\$20 annual student registration fee**

**\$38/m or \$12: 1 class/week**  
(averaged throughout term)

*Discounts for multiple classes apply  
to individuals or family units:*

*\$64/m for 2 class hours/week avg*

*\$84/m for 3 class hours/week avg*

*\$100/m unlimited classes per week*

**+\$65 student costume fee per class**

### **SENIORS & HEROES:**

**\$20 a month or \$6**

**for 1 class per week (avg)**

***Unlimited: \$40/m individuals only***

### **DRESS CODE FOR DANCE:**

**\*for Ballet:** black workout pants and white t-shirt for boys; pink or white tights & black leotard for girls, pink or black skirts ok. Hair in bun/up, secured, and off face. Ballet shoes: leather-type (non-canvas,) black for boys, pink for girls; point shoes only by audition/teacher approval.

**\*for Jazz/ & Tap:** hair up/back from face, comfortable workout clothes; black gored jazz shoes or jazz sneakers. TAP: black flat tap shoes. Oxfords preferred. Hair up and away from face. Pony ok if not distracting or in face during turns.

**\*Adults:** the Dress Code is a goal, not mandatory

## American Red Cross Live Skills Certification Courses

*\*WE WILL COME TO YOUR SITE, OR  
YOU CAN SCHEDULE A CLASS AT TDFS*

### **ADULT & PEDIATRIC CPR/AED & 1<sup>ST</sup> AID**

Blood-Borne Pathogens & Epi Pen Training

### **WILDERNESS & REMOTE FIRST AID**

*A Scouts of America certification course*

HELP US FIND A MARTIAL ARTS  
INSTRUCTOR FOR OUR DEDICATED  
DOJO/DOJANG & GET 1 MONTH FREE\*!

### **TUTORING & MUSIC CLASSES START SEPT 2020**

*All ages, private or group lessons:  
ukulele, guitar, violin, clarinet, Irish tin  
whistle, keyboard, flute, etc.*

**CONTACT CINDY 739-8405**

**LOOK FOR OUR AWARD-WINNING  
COWBOY POETRY &  
PHOTOGRAPHY WORKSHOPS!**

TDFS is a proud "vendor" for  
Redding School of the Arts public  
charter home school program that  
can pay for dance instruction in  
Trinity County: [www.rsarts.org](http://www.rsarts.org)

# Trinity Dance and Fitness Studios B & C

**Visual, Performing, Martial, and Survival Arts**

Physical Address:

10 Nugget Lane, Studio B  
Weaverville, CA 96093

Mailing Address:

PO Box 460  
Hayfork, CA 96041

## 2020 SUMMER & FALL CLASS SCHEDULE

[www.TrinityDanceFit.com](http://www.TrinityDanceFit.com)

[TrinityDanceFit@gmail.com](mailto:TrinityDanceFit@gmail.com)

revised 07/04/20

## **LITTLE BOYS & GIRLS**

**MONDAYS 3:35** (45 mins)

**PARENTS-&-PLAY:**

**“MUSIC & MOVEMENT”**

**INTRO TO BALLET & TAP**

*Recommended Ages 2-3*

**MONDAYS 4:35** (45 mins)

**BALLET & TAP COMBO**

*Recommended Ages 3-4*

**TUESDAYS 3:35** (55 mins)

**BALLET & TAP COMBO**

*Recommended Ages 4-5*

**WEDNESDAYS 5:35** (55 mins)

**BALLET & JAZZ, FUNK/HIP HOP**

*Recommended Ages 5-8*

**THURSDAYS 3:35** (55 mins)

**BALLET & TAP COMBO**

*Recommended Ages 6-8*

## **BOYS & GIRLS AGES 7+**

### **MONDAYS**

**5:35 OPEN Basic Ballet** (55 mins)

*This serious ballet class is designed with limited distractions for our adults, so we ask that only mature people under the age of 18 attend and be willing to act accordingly.*

### **TUESDAYS**

**4:35 OPEN Tap I-IV** (55 mins)

*This serious tap class is designed with limited distractions for our adults, so we ask that only mature people under the age of 18 attend if they are willing and able to act accordingly.*

## **AGES 7+ CONTINUED**

### **WEDNESDAYS**

**3:35 Ballet I-III** (55 mins)

*This serious ballet class is designed with limited distractions for ages 7-teens, so we ask that only mature people under the age of 18 attend and be willing to act accordingly.*

**4:35 Tap I-III** (55 mins)

*This fun foot percussion class is for boys & girls ages 7-teens. Great for developing speed, balance, agility, musicality & confidence.*

### **THURSDAYS**

**4:35 Hip Hop & Funk** (55 mins)

*This fun beginning hip hop class combines old school Funk, skills and tricks for a fun, fast-paced, performance experience.*

## **ADULTS & TEENS**

### **MONDAYS**

**5:35 OPEN Basic Ballet I-II** (55 mins)

*Great for teens & adults, including seniors, who are new to ballet or returning to dance or fitness. Curriculum is traditional Cecchetti that includes opportunities for improving balance, stamina, flexibility, & strength.*

**6:35 Zumba Gold Latin Club Dance**

*SWEAT SESSION: Aerobic interval workout. Great for seniors. Improve cardio, balance, agility, tone, and stamina while learning Salsa, cha cha cha, merengue, mambo, samba.*

### **TUESDAYS**

**4:35 OPEN Tap I-IV** (55 mins)

*Great for teens & adults, including seniors, who have some background in tap, even if they are returning after years away from dance.*

## **ADULTS & TEENS (CONT)**

**5:35 InspireFitness®** (55 mins)

*SWEAT SESSION: Aerobic interval workout to fun, rockin', contemporary Christian dance songs*

**6:35 Contemp. Ballet II-V** (55 mins)

*Begins with traditional Cecchetti intermediate barre & floor, including kicks, combos, spins, & turns. Last half of class is spent learning Contemporary Ballet or Lyrical Jazz routines.*

**7:35 Hip Hop/Fierce FUNk** (55 mins)

*For teens & adults with at least minimal prior dance experience. Learn Old School Hip Hop (Funk) and newer contemporary or street hip hop, spiced up with jazz/contemp. phrases.*

### **WEDNESDAYS**

**6:35 Tap III-VI** (55 mins)

### **THURSDAYS**

**5:35 Jazz Blend: Interpretive, Modern, & Classic Jazz**

*Begins with Guided Exploration” interpretive dance, then learn steps and routines focused on exciting musical or emotional expression. Music includes: classical, blues, funk, folk, etc*

**6:35 ZTK (Zumba Toning w/Kickboxing) Med-High Impact Funk & Reggatone focus** (55 mins)

*SWEAT SESSION: Cardio interval dance & toning w/weight balls & kickboxing.*

**NOTE: PRICES & CLASSES  
SUBJECT TO CHANGE WITHOUT  
NOTICE OR WARRANTY. CHECK  
WEBSITES FOR UPDATES. MAKE-  
UPS OFFERED; NO REFUNDS.  
WE RESERVE THE RIGHT TO  
REFUSE SERVICE TO ANYONE.**