

DRESS CODE REQUIRED FOR ALL KIDS CLASSES. SEE REGISTRATION FORM & SIGNS.

FRIDAY EVENINGS
INTRO TO PARTNER DANCE,
& WEDDING DANCES

INTRO TO PARTNER DANCE combines beginning ballroom with a club or honky-tonk style of dance that shares common steps.

WEDDING PARTIES may bring their own music or lists and can receive general instruction for standard wedding reception party songs or choreography/"improvography" for bride/groom or in-law/family dances.

Partners, who have no experience dancing, communicate through touch while enjoying each other's company on the dance floor.

Hourly Rate: \$30 per couple or \$20 pp.

***RSVP REQUIRED 24+ HOURS PRIOR**

2021 FALL/WINTER

TENTATIVE CALENDAR

SUBJECT TO CHANGE WITHOUT NOTICE. NO REFUNDS

Fall/Winter Semester

August-December 2021

°Trinity County Fair Talent Show 08/14, 4:30

°OCT 11-15: Winter Showcase costume \$ due

°OCTOBER 15: THE LAST MONTH TO BEGIN A CLASS IN ORDER TO PERFORM ITS ROUTINE IN THE WINTER SHOWCASE.

°OCT 23, "MONSTER MASH" FUNDRAISER

°CLOSED: Labor Day & Thanksgiving Week

°CLOSED: DEC 10, unless substitute available

°WINTER SHOWCASE 12/17 & 18

°ALT. SCHEDULE DEC. 15-18

MONTHLY MEMBERSHIP
TUITION & FEES

*Add \$2 per class for ePay, PayPal, or Cards

*Add \$10 if paid after the 10th of each month

*Invoicing fees apply for POs, Invoices, etc.

*1 Class/1 Class "Hour" = 45, 55, or 60 mins

*90-minute classes = 1.5 classes for tuition

★ DANCE CLASSES:

\$40 monthly for up to 1 class per week

\$15 DROP-IN FEE FOR DANCE CLASSES

**Counts toward registration if w/in same month*

Multiple Classes per Family/Individual:

\$70 monthly for 2 class "hours" per week

\$90 monthly for 3 class "hours" per week

\$100 unlimited dance & cardio individual or family*

**UNLIMITED PASS IS FOR IMMEDIATE FAMILY ONLY,*

*MUST LIVE UNDER SAME ROOF & SHARE EXPENSES**

ALL DANCERS: \$20 annual student fee

COSTUME FEE: \$75 per class, due Oct.

SENIORS & HEROES OR CARDIO-ONLY:

\$25/M FOR 1 CLASS/WEEK, \$40/M UNLIMITED

\$8 drop-in fee counts twds registration in same month

***PRICES & SCHEDULE SUBJECT TO CHANGE**

WITHOUT NOTICE OR WARRANTY. CHECK WEBSITES FREQUENTLY FOR UPDATES. **NO REFUNDS.** THIS INCLUDES: CLASSES, COSTUMES, SHOES, FEES, ETC.

***NO CREDIT OR PRO-RATING FOR MISSED CLASSES. YOU AGREE TO PAY THE SAME TUITION EVERY MONTH REGARDLESS OF ATTENDANCE, SCHEDULE OR CALENDAR.**

MAKE-UP CLASSES MAY BE OFFERED & MUST BE TAKEN WITHIN TWO WEEKS OF A CLASS MISSED.

*THE FAMILY ROOM IS OPEN TO MEMBER FAMILIES ONLY DURING KIDS CLASSES AND ONLY FOR THOSE WISHING TO **SILENTLY** OBSERVE CLASS. THE STUDIO IS CLOSED DURING ADULT AND "OPEN" CLASSES WHICH INCLUDE ADULTS & KIDS.

Trinity Dance and Fitness Studios

Visual, Performing, Martial, and Survival Arts

Physical Address:

10 Nugget Lane, Studio B-D
Weaverville, CA 96093

Mailing Address:

PO Box 460
Hayfork, CA 96041

AUGUST-DECEMBER 2021
CLASS SCHEDULE

www.TrinityDanceFit.com

TrinityDanceFit@gmail.com

revised 08/02/21

PEOPLE ARRIVING AT CLASS AFTER WARM-UPS WON'T BE ALLOWED TO PARTICIPATE FOR REASONS OF SAFETY. PLEASE ARRIVE AT LEAST TEN MINUTES BEFORE CLASS IN ORDER TO ALLOW TIME FOR RESTROOM & CHANGING YOUR SHOES. ALSO, PLEASE STAY HOME IF YOU'RE SICK.

MONDAYS

2-2:30pm OFFICE & STORE OPEN

2:45-3:30 PEANUTS TAP/BALLET INTRO TO MUSIC & MOVEMENT
Boys & girls, ages 2.5-4: intro to tap & ballet

3:30-4:25 JAZZ FUSION I-II
CONTEMP, HIP HOP, FUNK, JAZZ: boys & girls 7-13

4:30-5:25 BALLET/ZUMBA KIDSTM JAZZ FUSION: JAZZ, FUNK, & HIP HOP
Ballet & Jazz Fusion for boys & girls Ages 6-8

5:30-6:25 BALLET & TAP COMBO I
Ballet & tap for Boys & Girls ages 6-13

5:45-6:40 Teen/Adult Basic Ballet II
Intermediate ballet with Megan. Great for older teens through seniors who are returning to dance.

6:45-7:45 Zumba Fitness™ SWEAT SESSION W/MEGAN: Interval cardio training. No dance experience needed. Good for all levels, including athletes or people w/mobility issues

6:30-7:30 A/T KARATE I* **Begins 9/7/21*
A class for men & women: teens through seniors
WHITE, YELLOW, & ORANGE BELTS
PLEASE USE STUDIO C ENTRANCE IN BACK

UNLESS OTHERWISE NOTED, MOST CLASSES ARE TAUGHT BY MS. TIMBRE

TUESDAYS

2-2:55pm Teen/Adult Tap IV-VI
or advanced or high-intermediate dancers

3-3:55 BALLET & TAP COMBO
Boys & girls Ages 4-6 (Younger Littles)

4-5:30 BALLET III-V (=1.5 classes) Boys/Girls
ages 7-Teens, Adults ok; POINTE BY PERMISSION

5:35-6:30 KIDS KARATE I* *begins 9/21*
A beginning class for boys & girls ages 9-teens
WHITE, YELLOW, & ORANGE BELTS

PLEASE USE STUDIO C ENTRANCE IN BACK

5:45-6:45pm "DUNCAN & FULLER" Modern & Interpretive: Gentle, expressive dance; great workout!

6:35-7:25 InspireFitness® & Toning SWEAT SESSION: Aerobic interval & strengthening to poppin' contemporary Christian music & inspirational songs

7:30-8pm STAFF TRAINING IN STUDIO C

WEDNESDAYS

2:15-3 Lil' Bitz Parents in Play™ INTRO TO MUSIC & MOVEMENT toddlers ages 1-2, drum, count, sing, dance while playing w/others & their parents!

3:00-3:50 KIDS KARATE I *begins 9/21 age 4-6*
WHITE, YELLOW, & ORANGE BELTS

4-5:30 BALLET II-IV w/Pre-Pointe or Pointe*
Boys & Girls 7-Teens. =1.5 classes

5:35-6:30pm KIDS KARATE I
A beginning class for boys & girls ages 6-9
WHITE, YELLOW/GOLD, & ORANGE BELTS

THURSDAYS

3-3:55pm INTRO TO TUMBLING & ZUMBA KIDSTM JAZZ FUSION COMBO
Intro to tumbling and hip hop for boys & girls 4-6

4-4:55 Boys & Girls, ages 8-Teen HipTap II
Intermediate Funky Foot Percussion – hip hop meets tap!

5-5:55 JAZZ FUSION III-IV CONTEMP., HIP HOP, FUNK, JAZZ for boys & girls ages 9-teens

5:45-6:40 Ballet I-II *boys/girls 8-Adults w/Megan*

6-6:55 Teen/Adult Tap I-II
Beginning tap dancing instruction **in Studio C**

6:45-7:45pm Fierce FUNK® (T/A)
Sustained-level cardio w/Megan: learn funky Hip Hop combos. No prior dance experience needed.

FRIDAYS

2:15-3 PEANUTS BALLET & Z Kids Jazz Fusion Combo class for boys & girls ages 3-4

3-3:55pm INTRO TO TUMBLING & ZUMBA KIDSTM JAZZ FUSION
(JAZZ, FUNK, & HIP HOP) *for Boys & girls ages 7-13*

4-4:55 BALLET & TAP COMBO II
Ballet & tap for Boys & Girls ages 6-13

5-5:55 "FAMILY SELF DEFENSE NIGHT" OPEN KARATE I ~ *Open to kids & adults:*
WHITE, YELLOW, & ORANGE BELTS
PLEASE USE STUDIO C ENTRANCE IN BACK

5:45-6:40 MERCE & MARTHA Modern Dance w/Megan for adults; technique & choreo

6:45-7:45pm Adult Absolute Beginning Ballet
w/Megan for men & women who want to try ballet