

 **REGULAR MONTHLY
MEMBERSHIP TUITION:**

**DANCE, KARATE, OR
CARDIO COMBINATION**

*Dance, Ages 2-64 (Sr. Discount 65+)
Karate, Ages 4-64 (Sr. Discount 65+)
Cardio Only, 14-64 (Same as Seniors)*

\$40/M: UP TO 1 CLASS/WEEK

\$15 DROP-IN FEE: DANCE/KARATE

***90-MIN CLASSES = 1.5 CLASSES**

**MULTI-CLASS DISCOUNTS FOR
INDIVIDUALS & FAMILIES**

(IMMEDIATE FAMILY=UNDER SAME ROOF)

MONTHLY COST FOR WEEKLY CLASSES:

up to	1	\$40
up to	1.5	\$55
up to	2	\$70
up to	2.5	\$80
up to	3	\$90
up to	3.5	\$95
up to	4+	\$100 unlimited

INVOICING FEE OF \$10/CLASS APPLIES

MANDATORY DRESS CODE

***KIDS BALLET:** Leather-type shoes, NO CANVAS; no jewelry, studs ok; **Boys-** black ballet shoes, black sweatpants, plain or studio t-shirt; **Girls-** pink slippers, white or pink dance tights, black or pink leotard; bun; leg warmers/skirt ok
***KARATE:** Gi pants, Gi top or studio t-shirt, belt
***TAP:** Black, Oxfords, no heels; exercise clothes
***JAZZ/TUMBLING:** Black, leather-type slip-on shoes, no canvas; exercise clothes, no jewelry

***ALL PARTICIPANTS: ANNUAL FEE \$20**

*ADD \$2 PER CLASS FOR CARD PAYMENTS

*ADD \$10 IF PAID AFTER THE 10TH

*MEMBERS ARRIVING AFTER WARM-UPS WILL NOT BE ALLOWED TO PARTICIPATE

***COSTUME FEE:** \$80 per class, plus mandatory leather-type black shoes (pink for girls' ballet) and white tights (if applicable)

*FULL TUITION IS PAYABLE REGARDLESS OF ATTENDANCE. MAKE-UPS AVAILABLE WHEN POSSIBLE; REFUNDS ARE NOT. NO PRORATION OR REFUND BASED ON CALENDAR, CLOSURES, OR ATTENDANCE. YOU MUST AGREE TO PAY THE SAME TUITION EVERY MONTH, REGARDLESS.

*PRICES & SCHEDULE SUBJECT TO CHANGE WITHOUT WARNING OR REFUND; NO REFUNDS OF TUITIONS OR FEES

*WE ARE A PRIVATE, MEMBERS-ONLY ESTABLISHMENT, AND WE RESERVE THE RIGHT TO REFUSE SERVICE TO ANYONE.

**PEOPLE WITH PHYSICAL
CHALLENGES OR INTELLECTUAL
DISABILITIES ARE ENCOURAGED
TO JOIN US FOR CLASSES AT TDFS.
WE ARE SPECIALLY-TRAINED
TO TEACH EXCEPTIONAL &
STRUGGLING POPULATIONS.
*NO CHARGE FOR CARE-GIVERS ON DUTY***

ATTENTION: The family room & store front areas are closed during classes. During kids' classes, families may QUIETLY wait and watch their dancers if their presence isn't distracting. Studio is closed during adult classes.



CARDIO ONLY

\$25/MONTH FOR 1 CLASS/WEEK

\$40/MONTH UNLIMITED

\$8 drop-in fee



**SENIORS, EMS, VETS
DANCE, CARDIO, KARATE**

\$25/MONTH FOR 1 CLASS/WEEK

\$40/MONTH UNLIMITED

\$8 drop-in fee



PRIVATE CLASSES

FOR COUPLES:

INTRO TO PARTNER DANCE

*Country, swing, ballroom, club

WEDDING COUPLES DANCE

*1st Dance, wedding party, etc.

FOR INDIVIDUALS:

**DANCE, KARATE,
PERSONAL TRAINING**

*\$30 PER HALF HOUR

*3 HRS MIN RECOMMENDED/M

*EMAIL: TRINITYDANCEFIT@GMAIL.COM

MONDAYS



3:00-3:45 Pnutz Tap & Ballet
Combo for boys & girls ages 2.5-4



3:45-4:45 Ballet & Tap
Combo for boys & girls ages 4-6ish



4:45-5:45 Karate I-III
Kenpo-Based Blended martial arts
for boys & girls ages 6-13



5:45-7:00 Basic Ballet I-II
for Teens-Adults, with Megan
Traditional ballet technique class



7:00-8:00 Zumba Fitness Cardio
Fun Aerobic Exercise w/Megan

TUESDAYS



4:00-5:30 Ballet II-IV
For boys & girls ages 9-Adults
*Pre-pointe, beginning pointe



5:30-6:25 Ballet & Tap Combo
Intro class for boys & girls ages 6-13



6:30-7:30 Inspire Fitness™
Cardio & Toning to hot Christian. 🎵
For men and women, all levels

THURSDAYS



2:00-3:00 Int-Advanced Tap **RSVP**
for experienced foot percussionists



3:00-4:00 Jazz Fusion
for boys & girls ages 6-13



4:00-5:00 Hip Tap II
for boys & girls ages 6-13



5:00-6:00 Jazz Fusion II-III
Contemp., funk, hip hop: ages 9-adult



6:00-7:00 Modern Dance
Duncan & Fuller expression w/Megan

7:00-8:00 Zumba Fitness
Cardio Dance with Megan



FRIDAYS



**3:00-3:45 Intro to Tumbling
& Jazz Fusion Combo Class**
for boys & girls ages 4-9



3:45-4:30 Teen-Adult Tap & Clog
Wear oxford taps, clogs, flats, or boots



4:30-5:30 ZK Jazz Fusion/Ballet
Combo for boys & girls ages 6-9



5:30-6:30 OPEN Karate I-III
Blended martial arts for ages 6-adults



6:30-7:30 Modern Dance
Merce & Martha workout with Megan

WRITE YOUR OWN DESTINY WITH NEW PAGE BOXING!

JOIN TRINITY COUNTY'S PREMIER BOXING TEAM

CONTACT COACH FOR AGES, DAYS, TIMES, & PRICING

contact USA Boxing certified coach Corben Page

541-606-6852*



Trinity Dance and Fitness Studios

Visual, Performing, Martial, and Survival Arts

Physical Address:

10 Nugget Lane
Weaverville, CA 96093

Mailing Address:

PO Box 460
Hayfork, CA 96041



January-June 2022
CLASS SCHEDULE

www.TrinityDanceFit.com

TrinityDanceFit@gmail.com

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