

DANCE CLASS TUITION & FEES

\$38/m for 1 class/wk

fees added to online, PP, or card payments

Discounts for multiple classes paid for by individuals or families:

\$64/m for 2 class hours/week/family;

\$84/m for 3 class hours/week/family;

\$100 unlimited individual or family* pass

SENIOR DISCOUNTS ALSO AVAILABLE

\$20 annual fee/student

\$65 (+/-) per class costume

(due 1st wk May for June Showcase)

CARDIO CLASS

\$20/m for 1 class/week

Senior & Multi-Class Discounts

DROP-IN RATE: \$6/class

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 & 1ST AID

Blood-Borne Pathogens
Epi Pen Training

WILDERNESS & REMOTE FIRST AID

A Scouts of America certification course

WEDDING PARTIES: PRIVATE
OR GROUP LESSONS AVAILABLE

MUSIC CLASSES

*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 WORKSHOPS!

TDFS is a proud “vendor” for Redding School of the Arts public charter home school program that can pay for its students’ dance instruction.

Trinity Dance and Fitness Studios B & C

Visual, Performing, Martial, and Survival Arts

Physical Address:

10 Nugget Lane

Weaverville, CA 96093

Mailing Address:

PO Box 460

Hayfork, CA 96041



2020 WINTER-SPRING CLASS SCHEDULE

www.TrinityDanceFit.com

TrinityDanceFit@gmail.com

revised 02/09/20

LITTLE BOYS & GIRLS

MONDAYS 3:30

BALLET & TAP COMBO

Recommended Ages 2-3

TUESDAYS 3:30

BALLET & TAP COMBO

Recommended Ages 4-5

WEDNESDAYS 4:30

BALLET & JAZZ (FUNK/HIP HOP)

Recommended Ages 5-8

THURSDAYS 3:30

BALLET & TAP COMBO

Recommended Ages 5-7

FRIDAYS 4:00

OPEN HipTap (Ages 6-Adult)

Blended Hip Hop & Funk w/Tap Shoes on!

★Our Jazz classes are a blend of traditional jazz technique (Fosse, Taylor, Giordano,) Lyrical, Funk, & Broadway/character jazz

OPEN= AGES 6 through Senior Citizens

Placement is based more on ability, technique, effort, focus, courteousness to other dancers, willingness to practice, etc., than age. Kids & Adults may dance together.

BOYS & GIRLS AGES 7-13

MONDAYS

4:30 Contemporary/Jazz★

6:30 OPEN Basic Ballet

TUESDAYS

4:30 OPEN Tap II-III

WEDNESDAYS

3:30 Ballet I-II

THURSDAYS

4:30 Hip Hop & Funk

5:30 Tap I-II

FRIDAYS

4:00 OPEN HipTap I-II

Get FUNKIE w/Tap Shoes on!

ADULTS & TEENS

MONDAYS

2:30 Senior Soft-Shoe/Broadway Tap

A fun, low-impact tap class for older adults with or w/o dance experience and mobility issues, for fun, health, endurance, and balance – modifications & stability supports offered

5:30 Zumba Gold Dance Fitness

SWEAT SESSION: Aerobic interval workout to several global dance songs, great for seniors and those with or without dance experience or mobility issues accommodations and mobility supports available. \$20/m

6:30 OPEN Basic Ballet

ADULTS & TEENS (continued)

TUESDAYS

4:30 OPEN Tap II-III

5:30 InspireFitness®

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

6:30 Contemporary Ballet II-IV

7:30 Fierce FUNK Cardio

SWEAT SESSION: Low-impact cardio endurance dance workout to sustained funky beats; learn a single Old-School' Hip Hop routine every class

WEDNESDAYS

2:30 Senior Jazz★

5:30 Intermediate-Adv. Tap

6:30 Z-TK (Zumba Toning with Kickboxing) Med-High Impact

SWEAT SESSION: Cardio interval dance & toning w/weight balls & kickboxing. \$20/m

7:30 Hip Hop/Funk II-III

THURSDAYS

7:30 Contemporary/Jazz★

Learn routines focused on exciting musical interpretation using contemporary ballet (or lyrical jazz) technique. Music may include blues, pop, funk, folk, country, big band, etc.

FRIDAYS

4:00 OPEN Hip Tap I-II

6:30-8pm Intro to Partner Dance

*2nd & 4th Fri's only; not prior to holiday weekends
Country Step, Salsa, Waltz, Cha Cha Cha, etc.
\$15pp/class or \$25 husband & wife*

NOTE: PRICES & CLASSES SUBJECT TO CHANGE WITHOUT NOTICE OR WARRANTY. CHECK WEBSITES FOR UPDATES.