

STRENGTH & FITNESS CLASSES FOR ADULTS AT

SPOTLIGHT STUDIO



GET FIT



FEEL GOOD



BE STRONG

ABOUT OUR CLASSES

HIP HOP FITNESS WITH SHAUNA - MONDAYS @ 6:30PM

Break a sweat in this high cardio but low impact dance fitness class. You will dance to your favorite hip hop songs from the 80's to now! All fitness levels welcome- no dance experience required. Ages 16+

BALLETONE WITH KIRSTEN - TUESDAYS @ 8:30-9:15AM

Balletone is a fusion of NON STOP cardio and strength that blends techniques from ballet, Pilates and Fitness. This class will leave EVERYONE feeling graceful, strong, and lean! You do not have to be a dancer or have any dance experience to participate.

LATIN DANCE FITNESS WITH MARCIE - WEDNESDAYS @ 5:30PM

Get your body moving with this quick and easy dance cardio class that fuses Latin dance with upbeat pop moves! The choreography is perfect for beginners but keeps the energy high throughout to make you sweat. So get ready to move those hips while you sway to the beat!

**\$7 PER
CLASS
OR 10
CLASSES
FOR \$50.**

BABYSITTER
AVAILABLE FOR AGES
1 YEAR AND UP.
\$2/CHILD PER CLASS.

**PURCHASE YOUR 10 CLASS PUNCH CARD FROM ANY
INSTRUCTOR. CARDS CAN BE USED FOR ANY ADULT
FITNESS CLASS- MIX AND MATCH TO TRY THEM ALL!**

801 W. 4th Street, Benson - Studio A
www.spotlightstudiobenson.com 520.686.9027