

STRENGTH & FITNESS CLASSES FOR ADULTS AT

SPOTLIGHT STUDIO



GET FIT



FEEL GOOD



BE STRONG

SUMMER SESSION!

BALLETONE WITH KIRSTEN - THURSDAYS @ 7:00AM

MAY 30TH - JUNE 27TH

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. This is a 45 minute class.

LATIN DANCE FITNESS WITH MARCIE - TUESDAYS @ 7:00AM & WEDNESDAYS @ 5:30PM

MAY 21ST - JULY 10TH. NO CLASS JUNE 12TH.

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! This is a 60 minute class.

LINE DANCE WITH ANJA - FRIDAYS @ 6:30PM

MAY 24TH, JUNE 14TH & 28TH, JULY 12TH ONLY

Get those feet stomping and hips moving to your favorite country songs while learning famous (and some new) line dances! Enjoy this quick and easy dance cardio class with or without a partner! The choreography is easy enough for beginners but keeps the tempo up throughout to make you sweat. This is a 60 minute class.

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

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

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 520.686.902

Follow us on social media for class updates.