

# D.A.N.C.E. EMPOWERMENT

Developing Positive Attitudes for A New Coping Experience

## Hip-Hop Dance Classes: \*Effective Aug 2025\*

Mon	Tues	Wed	Thurs	Fri	Sat/Sun
<b>Training</b> Ages 5-17 5:30-6:30p Sheng		<b>Training</b> Ages 5-17 5:15-6:15p Sheng			Studio Rental Available
		<b>MAD Rebelz</b> Ages 5-11 6:15-7:30p Sheng		<b>Performance Rehearsals</b> 6-7pm Sheng	Private lessons available
<b>Vibe Quest</b> Ages 18+ 7:00-9:00p D.Hurley	<b>*Training</b> Ages 18+ 7:00-8:00p D.Hurley	<b>Iconic Toupe</b> Ages 12-17 7:30-8:45p Sheng	<b>Breakdance</b> Ages 5+ 6:00-7:00p Gabriel	<b>Performing Teams</b> 7:00-8:00p Sheng	Workshops/ Events TBA

\$100/month **Performing Team/ Training Team** (2 days/week)

\$125/month **Performing/Training** (3 days/week)

\$60 **Training** (1 day/week) or \$15 (Drop-in)

## Fitness Classes: (adults 18+)

Mon	Tues	Wed	Thurs	Fri	Sat/Sun
<b>7:30-8:30a</b> D.Hurley		<b>7:30-8:30a</b> D.Hurley			
	<b>6-7pm</b> D.Hurley		<b>*6-7pm</b> D.Hurley		

Hip-Hop Fitness: Exercise, flexibility, strength, stretching, calorie burning workouts w/ minimal equipment.

\$15 drop-in

\$60/month for 2 day a week class

\$80/month unlimited classes



**STAR PACKAGE: \$150/month (for adult unlimited dance & fitness classes)**



**2736 W. Shaw Ave, 93711**

**(559) 930-0840**

[www.thedanceempowermentinc.com](http://www.thedanceempowermentinc.com)