

D.A.N.C.E. EMPOWERMENT

Developing Positive Attitudes for A New Coping Experience

Hip-Hop Dance Classes: *Effective March 2026*

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

\$150/month **Performing/Training** (3 days/week)
 \$125/month **Performing Team/ Training Team** (2 days/week)
 \$75 **Training** (1 day/week) or \$20 (Drop-in)

Fitness Classes: (adults 18+)

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

Fitness Class: Exercise, flexibility, strength, stretching, calorie burning workouts w/ minimal equipment.

\$20 drop-in
 \$75/month for 2 day a week class
 \$125/month unlimited classes

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www.thedanceempowermentinc.com