

JOIN US THIS SUMMER FOR

DANCE INTENSIVES

WEST LIBERTY
**DANCE
CENTER**

Liberty Dance Center is offering 90-minute intermediate-advance level intensive classes where dancers will be immersed in strength and flexibility training as well as work on turns and jumps.

PLEASE HAVE DANCERS BRING:

- 2 BEACH TOWELS (OR YOGA MAT AND 1 BEACH TOWEL)
- PLENTY TO DRINK

OPTIONAL:

- BLOCKS FOR STRETCHING AND BALANCE
- WRIST OR ANKLE WEIGHTS FOR STRENGTH BUILDING
- STETCH BANDS FOR FLEXIBILITY TRAINING



CLASS SESSIONS

WEDNESDAYS FROM 6:00PM-7:30PM

**05/31, 06/07, 06/14, 06/21,
06/28, 07/05. 07/19. 07/26**

PRE-REGISTER OR QUESTIONS

CONTACT CAMI AT CAMIJONES@MAC.COM OR 319-330-4988
TO RESERVE YOUR SLOT, MAX 25 STUDENTS PER CLASS

PAYMENTS

\$10 PER CLASS SESSION

CHECKS CAN BE PAYABLE TO CAMI JONES OR VENMO @CAMI-JONES-12