

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 6:30PM-8:00PM

**06/05, 06/12, 06/19, 06/26,
07/03, 07/10, 07/17, 07/24**

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