

For More Information, please contact us or visit our website at
www.sgdanceworkzandfitnessstudio.com



Summer Registration Now Open!

SG Danceworkz and Fitness Studio, LLC

Opportunities Available:

- 4 Week-Long Sessions (1 class a week):
 - Appropriate for Beginning-Intermediate level
 - 2 year olds – 16 year olds.
 - 2-4 year olds (Creative Movement)
 - 3-5 year olds (Combo – Half Ballet/Half Tap)
 - 6-16 year olds (Sampler – Different styles each week)
- Summer Intensive (3 days a week from 9am-4pm):
 - Appropriate for Beginning –Advanced Levels
 - General Intensive:
 - 7 year olds – 18 year olds.
 - Sign up for 1 week, three weeks, four weeks, or all eight weeks! Half Days or Full Days!
 - Intensive will include regular classes of: Ballet, Tap, Jazz, Lyrical, Hip Hop, Musical Theatre, Stretch, Cardio, and Progressions. Guest Instructors will also be brought in and students may get to experience: African Dancing, Line Dancing, Nutrition Seminars, 5K Training, Team Building Activities, Theatre Workshops, Martial Arts, Etc.
 - Pointe/Pointe Prep Intensive:
 - Must be age 11 or older to participate.
 - Must be enrolled in the general intensive at the same time you are enrolled in this.
- Adult Fitness Classes Available: Zumba, Yoga, Barre, PiYo, General Group Fitness Sessions!



**SG Danceworkz and
Fitness Studio, LLC**

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507-474-6955

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Owner/Director: Sheena Gifford

We hope to see you this summer!!!

Open Registration for 2019-2020 Classes will be July 10th from 5-7:00pm at the studio!
Class sizes are limited!