



# REGISTER NOW!

## 8-Week Spring Dance and Adult Fitness Classes Begin Sunday March 7, 2010

Registration is Now Open!  
8-Week Spring Session  
Runs March 7 - May 8



**Register by phone at 734.207.8970**

### SUNDAYS

10:30-11:30am ADULT YOGA  
Release the body and mind from tension and increase your balance, flexibility and energy. Great way to start your day.

### TUESDAYS

1:00-2:00pm COMBO, Ages 3-6  
Class combines ballet, tap, jazz and acro. Combo classes foster creativity, freedom and expression in movement, and a love for dance while teaching sharing, taking turns, waiting in line, and socializing and cooperating with classmates.

### THURSDAYS

9:00-10:00am ADULT JAZZ FITNESS  
Fun, upbeat cardio class using elements from jazz and hip hop to burn fat and stretch and strengthen the body. No dance experience necessary.

10:15-11:15am COMBO, Ages 3-6  
Class combines ballet, tap, jazz and acro. Combo classes foster creativity, freedom and expression in movement, and a love for dance while teaching sharing, taking turns, waiting in line, and socializing and cooperating with classmates.

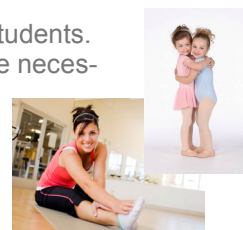
8:00-9:00pm ADULT POINTE  
For adult dancers with previous ballet experience. Class includes stretching, barre work, adagio and allegro.

### FRIDAYS

7:00-8:00pm LATIN BALLROOM  
Learn the basics of Cha Cha, Salsa, Mambo and Rhumba. No partners or dance experience necessary.

### SATURDAYS

2:00-3:00pm BEGINNING ADULT TAP  
Fun, upbeat tap class for adults looking to learn to tap, or to refresh their skills. Great for beginning students. Combinations and choreography will teach basic tap technique and vocabulary. No dance experience necessary.



541 S Mill St (Lilley), Plymouth MI 48170  
Northeast corner of Ann Arbor Trail and Mill St

734.207.8970 [www.MetroDanceCompany.com](http://www.MetroDanceCompany.com)