

SPECIAL SESSION

INSANE CONDITIONING



Dance
AT JUST FOR KIX

Open to current
& NEW dancers

4th-12th

Monday

6:15 - 7:30pm

08/01/2016 - 08/29/2016

Registration Fee: \$16.00*

Class Fee: \$58.00

**Annual Registration Fee.*

This is a
Non-Performing
Class

If your dancer has access to a yoga mat,
please have her bring it to each class.

Take Your Fitness to a Whole New Level!

Proper conditioning and strength training will give that extra edge. This class works on cardio, strength, endurance and flexibility. This class is INTENSE, you will move rapidly through various positions, do multiple repetitions and work yourself to muscle exhaustion. Then repeat. This will put you in the best shape you have ever been in.

Register Online today at classes.justforkix.com

Kaycee Welch

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JUST FOR **KIX**
justforkix.com®

REGISTER FOR YOUR CLASS ONLINE *today!*



Our online registration system is just a click away. It only takes a few minutes to sign up and it saves your personal information for the coming years. Not only is registering online quick and easy, you will be able to access your account to pay your registration, class fees, and order uniforms.

Register today at
classes.justforkix.com



Or scan this QR code with a mobile device. Registering online is just a click away!



#JFKdancelife

Upload your photos on Instagram and use the hashtag #jfkdancelife at Together We Dance competitions, performances, practices, hanging out with your dance friends, at the Outback Bowl Performance, or in your Just For Kix dancewear and we might regram your photo on the official Just For Kix Instagram with over 90,000 followers!

Follow us on Instagram @officialjustforkix

