

St. Cloud Just For Kix March/April Special Sessions 2017

Adult Ballet Fitness - \$38/month

Back by popular demand! Grab a friend and join our Ballet Fitness class designed for adults. The class will take you through a series of ballet barre exercises designed to tone and strengthen muscles while enhancing flexibility. Second half of the class will be geared toward cardiovascular exercises and will end with stretching. Class is every Tuesday beginning March 7th. Sign up for March, April, or May or all 3 months!

Tuesday - 5:30-6:30



Pom -- \$57

Looking to expand your dance background? It's time to try something new! Pom is an up-beat style of dance that helps dancers learn how to be tight and precise; key elements to dance! It's also a great way to improve on jumps and turns and prepare dancers for a style popular on many college dance teams! Class begins on April 15th and runs through May 25th. Open to dancers in 6th-12th grade. A costume will be determined at a later date.

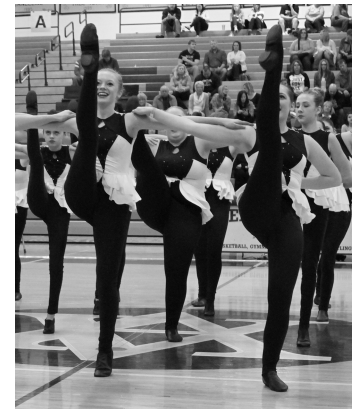
Saturday - 11:00-11:45am

**Class will perform at the Spring Show!*

Killer Kick, Fitness & Conditioning -- \$57

This 6-week class is designed for current or aspiring high school dance team athletes to prepare them with strength, flexibility, technique and conditioning for dance team tryouts. Class runs from April 13th-May 25th and is open to dancers currently in 7-12th grade. Instructed by: Brittney Schubert

Thursday - 8:30-9:30pm



Wishing Starz Adaptive Dance Class -- \$25

This 6-week class is designed for boys and girls in 4-8th grade with physical or learning disabilities. The class will focus on coordination, rhythm, socialization and dance basics in a FUN, confidence-building environment. Class will perform a routine at our Spring Show on May 27th.

Friday - 4:15-5:15 pm

Register today: www.justforkix.com/danceclasses
320-251-9104
stcloud_mn@justforkix.com





Adult Women Dance - \$57

Join us for our Adult Kick class that will perform at the Spring Show! This 6-week session is sure to be a great time! Our theme is "Stayin' Alive," a spoof on old ladies dancing! It will be a crowd pleaser! Nervous to dance in front of a crowd! Grab a friend, throw on a grey wig and chase those fears away! We will have a blast! Class is instructed by Kally Clubb.

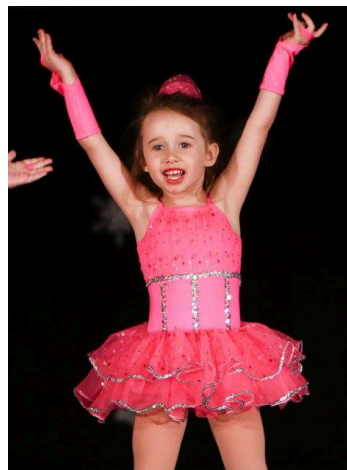
Wednesday – 8:00pm-8:45pm

Teeny Kix (3-5 year olds)

Do you or does someone you know have a preschooler ready to get moving?! Join us for our Teeny Kix short-term introductory to dance basics class. Two classes beginning this April! Classes will perform at our Spring Show on May 27th.

Thursday (7 week) – April 13-May 25th – 4:30-5:15pm - \$66.50

Saturday (6 week) – April 15-May 20th – 9:45-10:30am - \$57



Dance With Me Sessions - \$52.50

This is an introductory class for dancers aged 18-36months. Dancers will come to class with a parent/guardian to help get them accustomed to the dance class environment. Classes will begin April 15th and run through May 20th. (Non-performing class)

Saturday – 10:30-11:00am

1st-3rd Grade Jazz Technique -- \$57.00

We are excited to be offering a jazz technique class designed specifically for younger dancers who are interested in joining a jazz class in the fall or simply looking to expand their current knowledge and learn new skills to better their technique. Class will begin April 15th and run through May 20th (6-week session).

Saturday – 11:45-12:30pm

**Free to dancers who are currently at the monthly max*



A Look Ahead...

We are excited to offer a wide variety of special sessions that will begin the first week of May and help us wrap up our 2016-2017 season. Be on the look out for more information regarding Mother/Daughter special sessions, Wee Hip Hop, Dadsters, Guy/Girl Co-ed Partner dance and a light routine all beginning in May! Registration is currently open online.