

Dance with Just For Kix

Special Sessions Winter 2017

We have an exciting variety of Special Sessions Classes starting during **October**.

Please register for all classes by **Oct 6th.**

We need to know how many are doing it for class break out purposes. Thank you for your advanced planning.



FATHER DAUGHTER PRE - 1ST

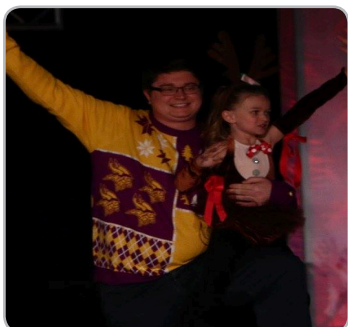
Routine: Deck The Halls

Schedule: WEDNESDAYS 7:00-7:30pm (Dates: 10/25, 11/1, 11/8, 11/15, 11/22, & 11/29)

Tuition: \$20.00 *Free to those at 4 or more classes

Instructor: Cindy

Costume: Girls: Santa Dress Rental 10.00, Green Tights 9.00
Dads: Ugly Christmas Sweater (get on own) & Jeans



FATHER DAUGHTER 2ND - 6TH

Routine: Nutcracker

Schedule: TUESDAYS 7:30-8:15pm (Dates: 10/24, No Class 10/31, 11/7, 11/14, 11/21, 11/28)

Tuition: \$25.00 *Free to those at 4 or more classes

Instructor: Jamie

Costume: Girls: Red tights, Tan shoes, Costume rental 15.00
Dads: Ugly Christmas Sweater (get on own) & Jeans



FATHER DAUGHTER 7TH - 12TH

Routine: Grinch Medley

Schedule: TUESDAYS 7:30-8:15pm (Dates: 10/24, No Class 10/31, 11/7, 11/14, 11/21, 11/28)

Tuition: \$25.00 *Free to those at 4 or more classes

Instructor: Amanda

Costume: Girls: Holiday inspired outfit (get on own)
Dads: Green T-shirt, Santa Hat, Jeans

**ALL SPECIAL SESSION CLASSES
WILL PERFORM AT THE WINTER SHOW***

December 2nd at 1:00 * 3:30 * 6:00

**Classes may perform at one or all of the shows*

JUST FOR KIX
justforkix.com

Special Sessions Winter 2017



ADULT WOMAN 18+

Back by popular demand, the Adult Women performance class! Holiday themed kick class that will incorporate cardio.

Schedule: THURSDAY 7:00 - 7:45pm

Tuition: No charge for this class

Schedule: 10/26, 11/2, 11/9, 11/16, No Class 11/23, 11/30

Instructors: Amanda



PRESCHOOL DANCE 2-5 YRS

Dancing is a Fun Way to Get Your Child Interested in a Group Activity. Just For Kix offers short-term preschool age dance sessions. Teeny Kix is great way to introduce your preschooler to dance. Just For Kix does it right with fun, upbeat classes and caring instructors! We have adorable costumes and routines choreographed to showcase your child.

2-3YRS TEENY KIX

Holiday Session Schedule:

WEDNESDAYS 6:00 - 6:30PM

(Dates: 10/25, 11/1, 11/8, 11/15, 11/22 & 11/29)

Tuition: \$52.50

Uniform: Lovie Dovie

Instructor: Amanda & Kelly

*Open to the first 18 registrants

4-5YRS TEENY KIX

Holiday Session Schedule:

WEDNESDAYS 6:15 - 6:45PM

(Dates: 10/25, 11/1, 11/8, 11/15, 11/22 & 11/29)

Tuition: \$52.50

Uniform: Lovie Dovie

Instructor: Cindy

*Open to the first 18 registrants



GYMNASTICS FOR DANCERS PRE-12TH GRADE**

Beginner Gymnastics 1st - 12th

Schedule: FRIDAYS 3:45-4:45PM (Dates: 10/6, 10/13, 10/27, 11/10, 11/17, & No class 11/24, 12/3)

Tuition: \$90.00 - This is not included in the monthly max

Instructor: Dave Maras

Intermediate/Advanced Gymnastics 2nd - 12th

Schedule: WEDNESDAYS 3:45-4:45PM (Dates: 9/20, 9/27, 10/4, 10/11, 10/18, 10/25, 11/1 & 11/8)

Tuition: \$120.00 - This is not included in the monthly max

Instructor: Dave Maras

Beginner Tumbling 3-5 years

Schedule: WEDNESDAYS 5:45-6:15PM (Full year class, new class begins Nov 1st)

Tuition: \$35.00 / month

Instructor: Brianna Niemeyer & Dani Larson-Schultz

**Note: the cost of these classes is higher than normal due to the additional insurance needed to hold gymnastics classes at the studio.

Register online at: classes.justforkix.com

Special Sessions Winter 2017



371 STEPPERS 18+

Join a group of men from various walks of life. This is for guys who really like to have fun and perform. We hope to be really OUTSTANDING. This year we are doing a full out dance routine, we would love 40 men to join. We have high hopes! Get ready for a work out, fun camaraderie and to dance.

“Ordinary Men With Extraordinary Moves”

Routine: TBA

Schedule: TUESDAYS 6:30 - 7:30pm (Dates: 10/24, NO class 10/31, 11/7, 11/14, 11/21, 11/28)

Tuition: No charge for class (other than the costume)

Instructor: Ali

Costume: TBD



DATE NIGHT DANCE CLASS 17+

We are excited to have Rocori's former Athletic Director and Hockey Coach travel to Brainerd to teach swing, rumba and waltz to interested couples. Great for those with upcoming weddings or those interested in learning the basics of partner dancing.

FROM CINDY

I know Mark Johnson as he was the liaison for dance coaches for the CLC conference I didn't however know his hidden dance skills until I saw him and his wife "cutting the rug" at a wedding I was at. They were AMAZING.

Dates: WED 10/11 7:15 - 8:15pm & SUN 10/15 6:00 - 7:00pm

Tuition: \$30.00 Per Couple (\$15.00 per class)

Instructor: Mark Johnson

Register online at: justforkix.com/danceclasses

A one time, non-refundable Registration Fee of \$16.00 is required for all dancers.

For Additional Information Contact:

Cindy Clough - 829-7107

cindy@justforkix.com

Or go to: classes.justforkix.com



FREE ONE HOUR TRAINING SESSION! DO SOMETHING FOR YOU!

TRY A FREE SESSION for a total workout that will change the way you feel. This session will introduce you to the reformer workout.



- Work out with a **TRAINER** in groups of 4. (Call a few friends or we will set you up with 3 others.)
- Daytime M-TH morning time slots available. Night time sign up is by appointment.
- Cindy will give you a demo any night she is around and can run you through it, or by appointment.
- Jody will do one in the day.

You will LOVE the work out and how it makes you feel.

IF YOU ARE:

- Looking for a **NEW** way to get motivated to work out
- Looking for a **LOW** impact workout that will really show results
- Looking to increase muscle as you age. Tone & Stretch.

WHY WORK WITH A TRAINER:

- **Safety.** We watch that you are properly aligned and maximizing your workout while preventing injury.
- **A better workout.** You will keep going for the whole hour. It will make you work out harder and longer.

**For more information, please contact:
Jody Davis jodydavis6@msn.com**

DO MEN LIKE THE REFORMER TOO?

For sure. It is great for guys who golf! It is great for strengthening core which helps with back issues. (For men we call it Macho-lates!)

TRY IT AS A COUPLE OR TRY IT WITH SOME FRIENDS!!

(Set up sessions in the evening while you wait for your kids to dance.)

Groups of 4
Monday - Thursday morning time slots
available by appointment

Night classes by appointment

\$13 per
person per
session

