

SPECIAL SESSIONS

Try a **Special Session** - Now!

We have an exciting variety of NEW classes.

STRENGTH/TECHNIQUE/STRETCHING

GRADES 5th - 12th



Flexibility and technique is pivotal to becoming a great dancer. This class works on strength, stretching and technique. It incorporates many partner and individual stretching techniques. Stretching and conditioning not only loosens up your body for dancing, but helps dancers find and strengthen the muscles responsible for good technique. We will also work in the areas of turns, leaps, jumps, style and other aspects of technique. We want you to understand the technique, then be able to master the skill.

Monday & Thursday

5:00 - 6:00pm

9/19/2016 - 10/13/2016

Register Online today at classes.justforkix.com

Melissa Rutledge

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Dance

AT JUST FOR KIX

Classes Starting Soon.

We are offering 8 classes to 5th grade thru 12th grade that will cover Strengthening, Stretching, and Technique twice a week for 4 weeks. If you select this option you can pick and choose what classes will work for your dancer to attend.

9/19/16 (M) - Barre Strong with Kendra

9/22/16 (Th) - Quick Combo with Kendra

9/26/16 (M) - Hip Hop Zumba with Brianna

9/29/16 (Th) - Leap & Jump Technique with Hannah

10/3/16 (M) - Turn Technique with Tawnni

10/6/16 (Th) - Power Yoga for Dancers with Brianna

10/10/16 (M) - Stretching for Flexibility with Tawnni

10/13/16 (Th) - Kick Technique with Hannah

Pricing is as follows:

3 classes - \$26.25

4 classes - \$35.00

5 classes - \$43.75

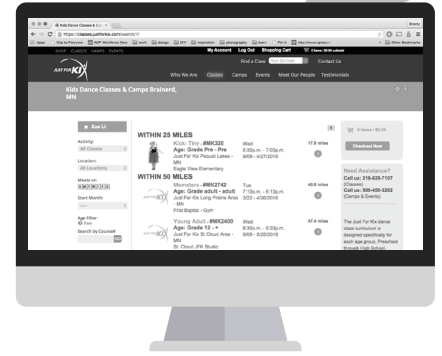
6 classes - \$52.50

7 classes - \$61.25

8 classes - \$70.00

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!



Upload your photos on Instagram and use the hashtag #jfk dancelife 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

