

## Cardio Dance • HIIT • TRX • Stretch FITNESS

[www.commotiondance.com](http://www.commotiondance.com) • (301) 515-8908 • [info@commotiondance.com](mailto:info@commotiondance.com)

Sign up Now!

<https://classbug.com/businesses/1738/offerings>

CARDIO & STRENGTH CLASSES					CLASS PRICES & PASSES
Day	Time	Class	Instructor	Studio	
<b>Mon.</b>	10:00 – 11:00 am	Zumba	Linda	Fitness	<p style="text-align: center;"><b>Drop In: \$10 Cash</b></p> <p style="text-align: center;"><b>Cardio 8-Class Pass: \$64</b> (Makes each class just \$8, Valid for 60 days) <b>NO REFUNDS</b></p> <p style="text-align: center;"><b>Monthly Unlimited Cardio/Strength Pass: \$80</b> (\$150 for Unlimited Cardio/Strength and Fitness) <b>NO REFUNDS</b></p> <p style="text-align: center;"><b>KIDS (10-18), College Students (with ID) &amp; Seniors: \$5 Cash Drop In</b></p> <p style="text-align: center;"><b>NO REFUNDS</b></p>
	7:00 – 8:00 pm	Zumba	Lauren	Fitness	
<b>Tues.</b>	10:00 – 11:00 am	Stretch & Strengthen	Diane	Fitness	
	6:00 - 7:00 pm	WERQ	Colette	DANCE	
<b>Wed.</b>	7:45 - 8:45 pm	STRONG	Daniela	Fitness	
	9:00 – 10:00 am	TRX**	Diane	DANCE	
	10:30 – 11:30 am	LaBlast	Ashley	Fitness	
<b>Thurs.</b>	7:00 – 8:00 pm	Zumba	LaShaunda	Fitness	
	10:00 – 11:00 am	Boot Camp	Ashima/CeCe	Fitness	
<b>Fri.</b>	10:00 – 11:00 am	STRONG	Daniela	Fitness	
<b>Sat.</b>	9:00 – 10:00 am	TRX**	Diane	DANCE	
	9:00 – 10:00 am	MixedFit	Monique	Fitness	
	10:00 – 11:00 am	STRONG	Lauren	Fitness	
	11:00-12 noon	LaBlast	Ashley	Fitness	
<b>Sun.</b>	10:00 – 11:00 am	Total Body Conditioning	Ashima/CeCe	Fitness	

**\*\*Please register for TRX & Pilates classes <https://classbug.com/businesses/1738/offerings>**

**or call (301) 515-8908 or email [info@commotiondance.com](mailto:info@commotiondance.com) prior to attending**

### TWO GERMANTOWN LOCATIONS

**Fitness Studio: 13220** Wisteria Drive, Corner of Wisteria and Father Hurley (in shopping center with U-Haul)

**Dance Studio: 13097** Wisteria Drive, Basement Level (corner of Waters Rd., in building with Indian Market)

**RENTALS AVAILABLE FOR TRAINERS, PRODUCTIONS and EVENTS!**

Call (301) 515-8908 or Email [info@commotiondance.com](mailto:info@commotiondance.com) for more information.

## PILATES REFORMER/Mat & ADULT DANCE

www.commotiondance.com • (301) 515-8908 • [info@commotiondance.com](mailto:info@commotiondance.com)

Sign up Now! <https://classbug.com/businesses/1738/offerings>

PILATES REFORMER CLASSES – Reservation Required					REFORMER PRICES & PASSES
Day	Time	Level	Instructor	Studio	
<b>Mon.</b>	9:30 – 10:30 am	Intermediate	Bonnie	Dance	<p style="text-align: center;"><b>Drop In: \$35</b></p> <p style="text-align: center;"><b>5-Class Pass: \$137.50</b> (Makes each class \$27.50, Valid for 60 Days) <b>NO REFUNDS</b></p> <p style="text-align: center;"><b>10-Class Pass: \$250</b> (Makes each class \$25, Valid for 90 Days) <b>NO REFUNDS</b></p> <p style="text-align: center;"><b>Ultimate Pass: \$200</b> (includes all Pilates, dance, cardio and fitness classes for 1 month)</p>
	11:00 am – Noon	New Beginner	Bonnie	Dance	
<b>Tues.</b>	6:00 – 7:00 pm	Intermediate	Bonnie	Dance	
<b>Wed.</b>	7:30-8:30 pm	Beginner/Intermediate	Bonnie	Dance	
<b>Thurs.</b>	9:30 – 10:30 am	Advanced	Bonnie	Dance	
	10:30 – 11:30 am	Beginner	Bonnie	Dance	
	5:00 – 6:00 pm	Intermediate	Debi	Dance	
	6:00 – 7:00 pm	New Beginner	Debi	Dance	
<b>Fri.</b>	10:00 – 11:00 am	Slow Intermediate	Bonnie	Dance	
	11:00 am – Noon	Beginner/Intermediate	Bonnie	Dance	
<b>Sat.</b>	8:30 – 9:30 am	Advanced	Heather	Dance	
	9:30 – 10:30 am	Beginner	Heather	Dance	

**Register for Pilates Reformer classes** <https://classbug.com/businesses/1738/offerings>  
or call (301) 515-8908 or email [info@commotiondance.com](mailto:info@commotiondance.com)

ADULT DANCE TECHNIQUE CLASSES – Starting June 25th, 2018					DANCE PRICES & PASSES
Day	Time	Class	Instructor	Studio	
<b>Mon.</b>	7:00 – 8:30 pm	Int./Adv Jazz	Bonnie	Dance	<p style="text-align: center;"><b>Drop In: \$25</b> (College Students w/ID: \$18)</p> <p style="text-align: center;"><b>10-Class Pass: \$180</b> (Makes each class \$18)</p>
<b>Mon.</b>	7:00 - 8:00 pm	Modern	Ciera	Dance	
<b>Wed.</b>	7:30 - 8:30 pm	Jazz	Dawn	Dance	
<b>Thurs.</b>	7:00 – 8:00 pm	Ballet	Cheryl	Dance	
	<b>Pilates Mat</b>				
<b>Thur.</b>	12:00-12:45	Mat Pilates	Libby	Dance	

### TWO GERMANTOWN LOCATIONS

**Dance Studio:** 13097 Wisteria Drive, Basement Level (corner of Waters Rd., in building with Indian Market)

**Fitness Studio:** 13220 Wisteria Drive, Corner of Wisteria and Father Hurley (in shopping center w/ U-Haul)

Check online for Pilates Reformer Schedule for Holidays @ <https://classbug.com/businesses/1738/offerings>

