

Zumba/Toning • STRONG • MixedFit • HIIT • TRX • Stretch • Mat Pilates • WERQ • LaBlast

www.commotiondance.com • (301) 515-8908 • info@commotiondance.com

Sign up Now!

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

CARDIO & STRENGTH CLASSES					CLASS PRICES & PASSES
Day	Time	Class	Instructor	Studio	
Mon.	10:00 – 11:00 am	Zumba	Linda	Fitness	<p>No Hassle Memberships \$40 per month No registration fee! (6 month contract)</p> <p>8 class pass \$64 (2 month expiration)</p> <p>Drop In: \$10 Cash</p> <p>Senior and Student discounts available</p>
	12:00–1:00 pm	Mat Pilates	Libby	Dance	
	7:00 – 8:00 pm	Zumba	Lauren	Fitness	
Tues.	10:00 – 11:00 am	Stretch & Strengthen	Diane	Fitness	
	6:00 – 7:00 pm	WERQ	Colette	DANCE	
	7:45 – 8:45 pm	STRONG	Daniela	Fitness	
Wed.	9:00 – 10:00 am	TRX**	Diane	DANCE	
	7:00 – 8:00 pm	Zumba	LaShaunda	Fitness	
Thurs.	10:00 – 11:00 am	Boot Camp	Ashima/CeCe	Fitness	
	8:00–9:00 pm	TRX**	Daniela	DANCE	
Fri.	10:00 – 11:00 am	STRONG	Daniela	Fitness	
Sat.	9:00 – 10:00 am	TRX**	Diane	DANCE	
	9:00 – 10:00 am	BollyX	Losia	Fitness	
	10:00 – 11:00 am	STRONG	Lauren	Fitness	
	11:00 – 12 noon	Zumba Toning	LaShaunda	Fitness	
Sun.	12pm – 1pm	MixedFit	Monique	Fitness	
	10:00 – 11:00 am	Total Body Conditioning	Ashima/CeCe	Fitness	

6 Month Contract for \$40 per month Unlimited Fitness classes! No registration fee!

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

or call (301) 515-8908 or email 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 for more information.

PILATES REFORMER/Mat & ADULT DANCE

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PILATES REFORMER CLASSES – Reservation Required					REFORMER PRICES & PASSES
Day	Time	Level	Instructor	Studio	
Mon.	9:00 – 10:00 am	Intermediate	Bonnie	Dance	INTRO Package: \$39.99 Unlimited Week 5–Class Pass: \$137.50 (Makes each class \$27.50, Valid for 60 Days) 10–Class Pass: \$250 (Makes each class \$25, Valid for 90 Days) Flex Pass: \$190 (unlimited month of pilates) Drop In: \$35
	11:00 am – Noon	New Beginner	Bonnie	Dance	
	6:00-7:00 pm	Beginner/Intermediate	Jasmine	Dance	
	7:00–8:00 pm	Beginner	Jasmine	Dance	
Tues.	7:15–8:15 pm	Beginner	Jasmine	Dance	
Wed.	7:30–8:30 pm	Beginner/Intermediate	Bonnie	Dance	
Thurs.	9:30 – 10:30 am	Advanced	Bonnie	Dance	
	10:30 – 11:30 am	Beginner	Bonnie	Dance	
	6:00–7:00 pm	Intermediate	Jasmine	Dance	
Fri.	7:00–8:00 pm	New Beginner	Jasmine	Dance	
	10:00 – 11:00 am	Slow Intermediate	Bonnie	Dance	
	11:00 am – Noon	Beginner/Intermediate	Bonnie	Dance	
Sat.	8:30 – 9:30 am	Advanced	Heather	Dance	
	9:30 – 10:30 am	Beginner	Heather	Dance	
	10:30 – 11:30am	Beginner	Heather	Dance	

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

ADULT DANCE TECHNIQUE CLASSES – Starting June 25th, 2018					DANCE PRICES & PASSES
Day	Time	Class	Instructor	Studio	
Mon.	7:00 – 8:30 pm	Int./Adv Jazz	Bonnie	Dance	10–Class Pass: \$180 (Makes each class \$18) Drop In: \$25 (College Students w/ID: \$18)
Mon.	7:00 – 8:00 pm	Modern	Ciera	Dance	
Wed.	7:30 – 8:30 pm	Jazz	Dawn	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>