

CoMMotion FALL 2017 FITNESS SCHEDULE

www.commotiondance.com • (301) 515-8908 • commotion.me@gmail.com

Sign up on our app MINDBODY and search for COMMOTION

CARDIO & STRENGTH CLASSES					CLASS PRICES & PASSES
Day	Time	Class	Instructor	Studio	
Mon.	10:00 – 11:00 a.m.	Zumba	Linda	Fitness	<p style="text-align: center;">Drop In: \$10 Cash</p> <p style="text-align: center;">Cardio 8-Class Pass: \$56 (Makes each class just \$7, Valid for 60 days)</p> <p style="text-align: center;">Monthly Unlimited Cardio/Strength Pass: \$80 (\$150 for Unlimited Cardio/Strength <u>and</u> Fitness)</p> <p style="text-align: center;">Kids (10-16 with an adult), College Students (with ID) & Seniors: \$5 Cash Drop In</p>
	6:30 – 7:30 p.m.	Zumba	Lauren	Fitness	
Tues.	10:00 – 11:00 a.m.	PiYO	Robyn	Fitness	
Wed.	9:00 – 10:00 a.m.	TRX	Diane	DANCE	
	10:00-11:00 a.m.	La Blast	Robyn	Fitness	
	11:00-12:00 a.m.	Zumba	LaShaunda	Fitness	
	6:00 – 7:00 p.m.	Zumba	LaShaunda	Fitness	
	7:15 – 8:15 p.m.	STRONG	Lauren	Fitness	
	Thurs.	10:00 – 11:00 a.m.	Total Body Conditioning	CeCe & Beth	
	7:30 -- 8:30 p.m.	Bollywood Blast	Pooja	DANCE	
Fri.	10:00 – 11:00 a.m.	PiYO	Robyn	Fitness	
Sat.	9:00-10:00 a.m.	TRX	Diane	DANCE	
	9:00 – 10:00 a.m.	Zumba	LaShaunda	Fitness	
	10:00 – 11:00 a.m.	Zumba	Lauren	Fitness	
Sun.	10:00 – 11:00 a.m.	Total Body Conditioning	CeCe & Beth	Fitness	

SMALL GROUP FITNESS CLASSES (call or use app to register)					CLASS PRICES & PASSES
Day	Time	Class	Instructor	Studio	
Tues	7:00-8:00 p.m.	Fitness Barre	Dawn	Dance	<p style="text-align: center;">8 class pass \$120</p> <p style="text-align: center;">Drop in \$20</p> <p style="text-align: center;">Students and Seniors \$15</p>
Thurs	6:30-7:30 p.m.	Kickboxing	Veronika	Fitness	

Rentals Available for groups, trainers and productions!

Please register for ALL Small Group Fitness and TRX classes w/MINDBODY prior to attending
or call (301) 515-8908 or email commotion.me@gmail.com

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)

Fitness Studio Closed: Thanksgiving Day, November 23, 2017

CoMMotion FALL 2017 PILATES REFORMER & ADULT DANCE SCHEDULE

September 5th-Dec. 20th

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PILATES REFORMER CLASSES – Reservation Required					REFORMER PRICES & PASSES
Day	Time	Level	Instructor	Studio	
Mon.	9:00 – 10:00 a.m.	Beginner	Bonnie	Dance	Drop In: \$35 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) Monthly Unlimited Reformer Plus All Cardio, Strength & Fitness Classes: \$200
	10:00 – 11:00 a.m.	Advanced	Bonnie	Dance	
	6:30 – 7:30 p.m.	Beginner	Leslie	Dance	
Tues.	7:00 – 8:00 p.m.	Beginner	Leslie	Dance	
Wed.	6:00 – 7:00 p.m.	Beginner	Leslie	Dance	
	7:15 – 8:15 p.m.	Inter./Advanced	Bonnie	Dance	
Thurs.	9:30 – 10:30 a.m.	Advanced	Bonnie	Dance	
	10:30 – 11:30 am.	Beginner	Bonnie	Dance	
Fri.	10:00 – 11:00 a.m.	Slow Intermediate	Bonnie	Dance	
	11:00 a.m. – Noon	New Beginner	Bonnie	Dance	
Sat.	8:30 – 9:30 a.m.	Advanced	H. Light	Dance	
	9:30 – 10:30 a.m.	Beginner	H. Light	Dance	

ADULT DANCE TECHNIQUE CLASSES STARTING September 5th					DANCE PRICES & PASSES
Day	Time	Class	Instructor	Studio	
Wed.	7:00-8:00 p.m.	Jazz	Dawn	Dance	Drop In: \$20 (College Students w/ID: \$15) 10-Class Pass: \$180 (Makes each class \$18)
Thurs.	7:30-8:30 p.m.	Stretch	Joanne	Dance	

Please register for ALL Pilates Reformer classes w/MINDBODY prior to attending
 or call (301) 515-8908 or email commotion.me@gmail.com

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 with U-Haul)

No Pilates or Dance classes for Thanksgiving break: November 22-26th