

## CoMMotion FITNESS SCHEDULE

[www.commotiondance.com](http://www.commotiondance.com) • (301) 515-8908 • [commotion.me@gmail.com](mailto: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	
<b>Mon.</b>	10:00a – 11:00a	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: \$56</b> (Makes each class just \$7, 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 <u>and</u> Fitness) <b>NO REFUNDS</b></p> <p style="text-align: center;"><b>Kids (10-16 with an adult), College Students (with ID) &amp; Seniors: \$5 Cash Drop In</b></p> <p style="text-align: center;"><b>NO REFUNDS</b></p>
	6:30p – 7:30p	Zumba	Lauren	Fitness	
<b>Tues.</b>	10:00a – 11:00a	PiYO MIX	Jeanne	Fitness	
	6:30p – 7:15p	Stretch	Joanne	DANCE	
<b>Wed.</b>	9:00p – 10:00p	TRX**	Diane	DANCE	
	10:00a – 11:00a	Dance Fitness MIX	Jeanne	Fitness	
	6:00p – 7:00p	Zumba	LaShaunda	Fitness	
<b>Thurs.</b>	7:15p – 8:15p	STRONG	Lauren	Fitness	
	10:00a – 11:00a	Total Body Conditioning	CeCe & Beth	Fitness	
<b>Fri.</b>	10:00a – 11:00a	STRONG	Daniela Z.	Fitness	
<b>Sat.</b>	9:00a – 10:00a	TRX**	Diane	DANCE	
	9:00a – 10:00a	Zumba	LaShaunda	Fitness	
	10:00a – 11:00a	Zumba	Lauren	Fitness	
<b>Sun.</b>	10:00a – 11:00a	Total Body Conditioning	CeCe & Beth	Fitness	

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

**\*\*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](mailto: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: Christmas Day December 25<sup>th</sup>, 2017**

**RENTALS AVAILABLE FOR GROUPS, TRAINERS, AND PRODUCTIONS!**

Call (301) 515-8908 or Email [commotion.me@gmail.com](mailto:commotion.me@gmail.com) for more information.

**CoMMotion PILATES REFORMER & ADULT DANCE SCHEDULE**

PILATES REFORMER CLASSES – Reservation Required					REFORMER PRICES & PASSES
Day	Time	Level	Instructor	Studio	
<b>Mon.</b>	9:30 – 10:30 a.m.	Intermediate	Bonnie	Dance	<b>Drop In: \$35</b>  <b>5-Class Pass: \$137.50</b> (Makes each class \$27.50, Valid for 60 Days) <b>NO REFUNDS</b> <b>10-Class Pass: \$250</b> (Makes each class \$25, Valid for 90 Days) <b>NO REFUNDS</b> <b>Monthly Unlimited Reformer                      Plus All Cardio, Strength &amp;                      Fitness Classes: \$200</b>
	11:00-12:00 p.m.	New Beginner	Libby	Dance	
<b>Tues.</b>	7:00 – 8:00 p.m.	Beginner	Leslie	Dance	
<b>Wed.</b>	6:00 – 7:00 p.m.	Beginner	Leslie	Dance	
	7:15 – 8:15 p.m.	Intermediate	Bonnie	Dance	
<b>Thurs.</b>	9:30 – 10:30 a.m.	Advanced	Bonnie	Dance	
	10:30 – 11:30 am.	Beginner	Bonnie	Dance	
<b>Fri.</b>	6:30 - 7:30 p.m.	Beginner	Leslie	Dance	
	10:00 – 11:00 a.m.	Slow Intermediate	Bonnie	Dance	
<b>Sat.</b>	11:00 a.m. – Noon	New Beginner	Bonnie	Dance	
	8:30 – 9:30 a.m.	Advanced	H. Light	Dance	
	9:30 – 10:30 a.m.	Beginner	H. Light	Dance	

**Please register for ALL Pilates Reformer classes w/MINDBODY prior to attending**

or call (301) 515-8908 or email [commotion.me@gmail.com](mailto:commotion.me@gmail.com)

ADULT DANCE TECHNIQUE CLASSES – Starting January 2, 2018					DANCE PRICES & PASSES
Day	Time	Class	Instructor	Studio	
<b>Wed</b>	7:00-8:00 p.m.	Jazz	Dawn	Dance	<b>Drop In: \$20</b> (College Students w/ID: \$15)  <b>10-Class Pass: \$180</b> (Makes each class \$18)
<b>Sat</b>	10:30-11:30 a.m.	Ballet	Bonnie	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 with U-Haul)

**No Dance classes for Holiday Break Dec. 23-Jan. 1, 2018**  
**Check online for Pilates Reformer Schedule for the Holidays**