

CoMMotion 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. | 10:00a – 11:00a | 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) NO REFUNDS</p> <p style="text-align: center;">Monthly Unlimited Cardio/Strength Pass: \$80 (\$150 for Unlimited Cardio/Strength <u>and</u> Fitness) NO REFUNDS</p> <p style="text-align: center;">Kids (10-16 with an adult), College Students (with ID) & Seniors: \$5 Cash Drop In</p> <p style="text-align: center;">NO REFUNDS</p> |
| | 7:00-8:00pm | Zumba | Lauren | Fitness | |
| Tues. | 10:00a – 11:00a | PiYO MIX | Jeanne | Fitness | |
| | 6:30p – 7:15p | Stretch | Joanne | DANCE | |
| Wed. | 9:00p – 10:00p | TRX** | Diane | DANCE | |
| | 10:00a - 11:00a | Dance Fitness MIX | Jeanne | Fitness | |
| | 6:00p – 7:00p | Zumba | LaShaunda | Fitness | |
| | 7:15p – 8:15p | STRONG | Lauren | Fitness | |
| | Thurs. 10:00a – 11:00a | Total Body Conditioning | CeCe & Beth | Fitness | |
| | | | | | |
| Fri. | 10:00a – 11:00a | STRONG | Daniela Z. | Fitness | |
| Sat. | 9:00a - 10:00a | TRX** | Diane | DANCE | |
| | 9:00a – 10:00a | Zumba | LaShaunda | Fitness | |
| | 10:00a – 11:00a | Zumba | Lauren | Fitness | |
| Sun. | 10:00a – 11:00a | Total Body Conditioning | CeCe | 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> |

****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: Christmas Day December 25th, 2017

RENTALS AVAILABLE FOR GROUPS, TRAINERS, AND PRODUCTIONS!

Call (301) 515-8908 or Email 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 | |
| Mon. | 9:30 – 10:30 a.m. | Intermediate | Bonnie | Dance | Drop In: \$35 5-Class Pass: \$137.50 (Makes each class \$27.50, Valid for 60 Days) NO REFUNDS 10-Class Pass: \$250 (Makes each class \$25, Valid for 90 Days) NO REFUNDS Monthly Unlimited Reformer Plus All Cardio, Strength & Fitness Classes: \$200 |
| | 11:00-12:00 p.m. | New Beginner | Libby | 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. | Intermediate | Bonnie | Dance | |
| Thurs. | 9:30 – 10:30 a.m. | Advanced | Bonnie | Dance | |
| | 10:30 – 11:30 am. | Beginner | Bonnie | Dance | |
| Fri. | 6:30 - 7:30 p.m. | Beginner | Leslie | Dance | |
| | 10:00 – 11:00 a.m. | Slow Intermediate | Bonnie | Dance | |
| Sat. | 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

| ADULT DANCE TECHNIQUE CLASSES – Starting January 2, 2018 | | | | | 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) |
| Sat | 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