

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	Keyana	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