

CoMMotion FITNESS SCHEDULE

www.commotiondance.com • (301) 515-8908 • commotion.me@gmail.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>Drop In: \$10 Cash</p> <p>Cardio 8-Class Pass: \$64 (Makes each class just \$8, Valid for 60 days) NO REFUNDS</p> <p>Monthly Unlimited Cardio/Strength Pass: \$80 (\$150 for Unlimited Cardio/Strength <u>and</u> Fitness) NO REFUNDS</p> <p>KIDS (10-18), College Students (with ID) & Seniors: \$5 Cash Drop In</p> <p>NO REFUNDS</p>
	7:00 – 8:00 pm	Zumba	Lauren	Fitness	
Tues.	10:00 – 11:00 am	Stretch & Strengthen	Diane	Fitness	
Wed.	9:00 – 10:00 am	TRX**	Diane	DANCE	
	10:30 – 11:30 am	LaBlast	Ashley	Fitness	
	7:00 – 8:00 pm	Zumba	LaShaunda	Fitness	
Thurs.	10:00 – 11:00 am	Boot Camp	Ashima/CeCe	Fitness	
Fri.	10:00 – 11:00 am	STRONG	Daniela	Fitness	
Sat.	9:00 – 10:00 am	TRX**	Diane	DANCE	
	9:00 – 10:00 am	Zumba	LaShaunda	Fitness	
	10:00 – 11:00 am	STRONG	Lauren	Fitness	
Sun.	10:00 – 11:00 am	Total Body Conditioning	Ashima/CeCe	Fitness	
Day	Time	Class	Instructor	Studio	
Tues	6:00 – 7:00 pm	Body Sculpt	Dawn	DANCE	

****Please register for TRX classes <https://classbug.com/businesses/1738/offerings>
 or call (301) 515-8908 or email commotion.me@gmail.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 commotion.me@gmail.com for more information.

CoMMotion PILATES REFORMER, MAT & ADULT DANCE SCHEDULE

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PILATES REFORMER CLASSES – Reservation Required					REFORMER PRICES & PASSES
Day	Time	Level	Instructor	Studio	
Mon.	9:30 – 10:30 am	Intermediate	Bonnie	Dance	<p style="text-align: center;">Drop In: \$35</p> <p style="text-align: center;">5-Class Pass: \$137.50 (Makes each class \$27.50, Valid for 60 Days) NO REFUNDS</p> <p style="text-align: center;">10-Class Pass: \$250 (Makes each class \$25, Valid for 90 Days) NO REFUNDS</p> <p style="text-align: center;">Ultimate Pass: \$200 (includes all Pilates, dance, cardio and fitness classes for 1 month)</p>
	11:00 am – Noon	New Beginner	Libby	Dance	
Tues.	6:00 – 7:00 pm	New Beginner	Bonnie	Dance	
Wed.	6:00 – 7:00 pm	Intermediate	Heather	Dance	
Thurs.	9:30 – 10:30 am	Advanced	Bonnie	Dance	
	10:30 – 11:30 am	Beginner	Bonnie	Dance	
	6:00 – 7:00 pm	Beginner	Debi	Dance	
	7:00 – 8:00 pm	Intermediate	Renee	Dance	
Fri.	10:00 – 11:00 am	Slow Intermediate	Bonnie	Dance	
	11:00 am – Noon	New Beginner	Bonnie	Dance	
Sat.	8:30 – 9:30 am	Advanced	Heather	Dance	
	9:30 – 10:30 am	Beginner	Heather	Dance	

NEW! Pilates Mat Thursdays 8:00 – 9:00 pm with Renee Drop in \$20 Pass \$180 for 10 Classes

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

ADULT DANCE TECHNIQUE CLASSES – Starting June 25th, 2018					DANCE PRICES & PASSES
Day	Time	Class	Instructor	Studio	
Mon.	7:30 – 8:45 pm	Int./Adv Jazz	Bonnie	Dance	<p style="text-align: center;">Drop In: \$25 (College Students w/ID: \$18)</p> <p style="text-align: center;">10-Class Pass: \$180 (Makes each class \$18)</p>
Wed.	6:30 – 7:30 pm	Jazz	Dawn	Dance	
Thurs.	7:00 – 8:00 pm	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 w/ U-Haul)

Check online for Pilates Reformer Schedule for Holidays @ <https://classbug.com/businesses/1738/offerings>