

ARE YOU 11 YEARS OLD OR OLDER AND LOOKING FOR
SOMETHING TO DO DURING FEBRUARY VACATION?
COME TO **IMPULSE DANCE CENTER** FOR

DANCE CONDITIONING & STRETCH

Tuesday, February 16 through Friday, February 19
11:30 a.m. to 1 p.m.

\$70 for all 4 classes if pre-registered by Wednesday, February 10, 2010
\$20 Drop In

Join Arie during February break to strengthen your performance body! Specifically designed full body exercises for a dancer by a dancer! This hour and a half class challenges what is demanded of the dancer athlete: a strong core, above average flexibility, full body strength and balance and a high awareness for the mind/body connection. Increase your endurance, core strength and flexibility simultaneously. Bring your water bottle and sneakers!

REGISTER BEFORE FEBRUARY 10, 2010

..... **DETACH HERE.**

DANCE CONDITIONING AND STRETCH- FEBRUARY 16-19, 2010
11:30 a.m. - 1:00 p.m.

NAME _____

ADDRESS _____

TELEPHONE _____

***AMOUNT ENCLOSED (\$70 per student) _____ (Non-refundable)**

Please make checks payable to: **Impulse Dance Center**, 5 Summer Street, Natick, MA 01760

***Impulse students: Payment must be a separate check from class tuition or any other payments or purchases-Thank you!**