**ADULT CLASSES in the Xone**

*We are happy to offer several adult class options and hope you will find something just right for you! There are many benefits to fitness and dance classes: increased strength, greater muscle tone, improved flexibility, better posture, healthier body systems, and a happy attitude! All classes are taught by experienced instructors holding multiple certifications in dance, fitness and wellness in a welcoming space.*

YOGA

All Are Welcome! Come join this class that offers the opportunity for mindfulness, increased flexibility, strength, control and relaxation through well thought-out sequences with a pointed focus on breath. It also includes elements of slow, fluid movement, alignment-based asana (postures), core stability, healthy mobility and self-reflection. Modifications are provided, and more challenging variations are also offered. This Vinyasa flow class is for everyone and no previous experience is needed. A great way to start your Monday mornings!

Mondays 10 am – 11 am

XONE BARRE

This class focuses on increased flexibility, core control, body awareness, balance and strength, all crucial for keeping our bodies youthful. Elements of ballet and jazz dance are used throughout the class. Students may also use optional light hand weights in some of the exercises for increased resistance. The ballet barre is used, as well as center floor work and each class ends with a seated stretch. No previous experience is needed and all are welcome in this Wednesday evening class!

Wednesdays 7:30 pm – 8:15 pm

STRENGTH & STRETCH

There are so many benefits to strength excersises! The best way to maintain or lose weight is by building strong muscles (more than aerobic exercise) Buildng muscles through weight training and weight bearing exercises also allows for better posture, increases bone density and protects bones and joints! This class consists of exercises for the entire body with light handweights (you start with what is best for you!) that are easy to follow and can be modified for all levels. Each class will have a floor stretch to ease the muscles and increase flexibility to end the session. Come work out with us on Thursday mornings!

Thursdays 10 am – 11 am

DANCE MEDLEY

Come dance with us in the fun, upbeat class where all levels beginner and experienced are welcome! Classes include an energizing warm up, stretching, across the floor movement and technique and dance combinations. Our first session offers the optional opportunity to dance a short piece in our holiday show! Our third session offers the chance to dance in our end of year recital for those who would like to do so. All are welcome to come dance with us, participating in the shows is not required! The class provides the opportunity to dance! ~ which is good for your heart, your body and your soul! This class is a great and fun way to end your week on Friday evenings!

DANCE MEDLEY: Fridays 7:30 pm – 8:15 pm

Come join us in the XONE for health and wellness!

[www.dancexoneextreme.com](http://www.dancexoneextreme.com)

 



**DANCE XONE ADULT CLASS REGISTRATION**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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EMAIL:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

EMERGENCY CONTACT

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

INSURANCE INFORMATION:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*Participants are required to have their own health insurance, as Dance Xone Extreme, LLC does not carry health insurance for our dancers*

**WAIVER AND RELEASE (signature required)**

\*I give consent for photo images of my dependent (or myself) to be taken and posted on documents

related to Dance Xone Extreme, LLC on Social Media such as websites, FB and Instagram and in promotional flyers, etc. Dance Xone Extreme, LLC will not post names of dancers under 12 and we will not post last names of any of our dancers.

\*I give consent for Dance Xone Extreme, LLC studio staff to seek emergency help and care for my child if deemed necessary. All effort will be made to reach parents or Emergency contact immediately.

\*I agree that if my dependent or I engage in physical exercise, classes or activities at Dance Xone Extreme, LLC or with Dance Xone Extreme, LLC at an alternate venue, we do so at our own risk. We assume the risk of injury or illness. We assume the risk for loss or damage to any of our property. We understand that there is inherent risk in all activities, including dance, and we agree to release and discharge and hold harmless, Dance Xone Extreme, LLC, the director, the staff, and the agents of University Mall from any and all claims if accident or injury should occur.

\*I, the parent, have read and agree to the Financial Policies and the Dancer and parent have read and agree to studio Policies

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Participant Signature Date

**FEES**

Each session is 8 weeks long

Cost PER Session: 1 class per session = $110 2 classes per session = $200 Unlimited access per session = $275

**CIRCLE SESSION**

**SESSION 1 SESSION 2 SESSION 3**

**Begins 10/3/2022 Begins 1/5/2023 Begins 3/11/2023**

**CIRCLE CLASS(ES) for which you are registering**

**Monday Yoga Wednesday Xone Barre Thursday Strength & Stretch Friday Dance Medley\***

**Total Amount due : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Payment Method: Cash Check Charge Venmo**

\*\*due to some of our adult dance medley students having two Friday night conflicts, we will begin this class on Friday, 9/30/22 and offer two make up classes for those that want to participate in our holiday show! Email us at dancexonextreme@aol.com for information!!