

Cherie's Dance Studio

Adult Class

Ages 18 - 105

Stretch & Barre

MONDAY 8:15-8:45

- 30 minute weekly
- \$45/Month or
Punch Pass
- Learn Ballet basics

Parents it's time to take care of you! Let out the stress of your day by stretching your body and taking deep breathes.

Stretch & Conditioning

TUESDAY 8:00-8:30

- 30 minute weekly
- \$45/Month or
Punch Pass
- Learn a variety of workouts

Now that you have destressed on Monday you can get your heart pumping on Tuesday in this fun conditioning class!

Enroll Today

www.cheriesdancestudio.com

