



Adult Schedule Fall 2024

| MONDAY | | TUESDAY | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------|
| 7:30-8:30pm | ADULT BALLET | 1:00-2:00pm | MOBILITY MIRACLE - RESTORATIVE PILATES (55+ yrs) |
| JOIN US TODAY!....No experience necessary! | | 5:30-6:30pm | PILATES 101 |
| <i>CSDS reserves the right to combine/cancel any class due to enrollment.</i> <i>For all questions and inquiries please email us at: centrestagedance86@gmail.com</i> | | 6:30-7:30pm | PILATES FOR ATHLETES |
| | | 7:30-8:30pm | POSTURE PLUS PILATES |
| | | 7:30-8:30pm | ADULT TAP |
| WEDNESDAY | | THURSDAY | |
| 7:00-8:00pm | YOGA FLOW | 9:15-10:15am | INTERMEDIATE FLOW PILATES |
| Pilates & Yoga Classes Walk-in rate: \$30.00/hr (tax incl) Regular Adult Classes Walk-in rate: \$25.00/hr (tax incl) | | 10:15-11:15am | MOBILITY MIRACLE - RESTORATIVE PILATES (55+ yrs) |
| | | 7:00-8:00pm | ADULT DON'T STOP DANCING! - CARDIO DANCE |
| SATURDAY | | CENTRE STAGE DANCE STUDIO 73 Hincks Street, Unit 3 (enter off of James St.) | |
| 10:00-11:00am | WEEKEND FLOW PILATES | New Hamburg, ON N3A 2A2 | |
| Private . Semi-private . Trio classes (available upon request) | | 519-662-3444 | |
| | | Please visit www.centrestagedance.ca for more information | |
| | | Schedule July 20, 2024 | |