



Cecil Dancenter

25 Flint Drive North East, Maryland 21901 (410) 287-354 www.cecildancenter.com

2017 SUMMER FITNESS SCHEDULE

7 week session: Monday, July 10 - Monday, August 28, 2017

FITNESS CLASS	MONDAY	TUESDAY	THURSDAY
Cardio Sculpt		9:15-10:15am C	9:15-10:15am C
Pilates	9:15-10:15am C		
Yoga	5:45 – 7:00pm C		

Location Key: Studio C – new building at second location 48 Flint Drive business center.

- ❖ **CARDIO SCULPT:** You'll firm and tone your muscles for tight abs, shapely legs and sculpted arms while increasing your endurance! You'll enjoy a mix of aerobics, step, kickboxing, and calisthenics with intervals of weight-training. This class will get the blood flowing, raise your metabolic rate and burn fat! Participants need to bring a towel or mat, exercise ball and water.
- ❖ **PILATES:** Dramatically transform the way you look, feel and perform without bouncing, jarring or stressing the body. This safe, sensible exercise program focuses on strengthening deep core muscles, creating a sleek, lean body. Participants will need to bring a mat to this class.
- ❖ **YOGA:** The benefits of yoga are endless – increased flexibility and strength, improved posture, reduced stress, decreased blood pressure, increased energy, and improved mental & physical health. Yoga integrates the body, mind and spirit through exercise, breathing and meditation to maintain a healthier, stress-free lifestyle. Participants will need to bring a yoga mat to this class.

FITNESS TUITION CHART

Fitness charges may be made as a one-time payment or you may choose to sign-up for one of our automatic payment plans. Please see the back of our registration form for more information on this payment option.

One Class per week	Any Two Classes per week	Unlimited Classes (3 or more)
\$67 for Cardio or Pilates for 7 weeks Or monthly payments of \$34	\$105 for 7 weeks Cardio, Pilates or Yoga	\$140 for 7 weeks Cardio, Pilates or Yoga
\$84 for Yoga for 7 weeks Or monthly payments of \$42	Or monthly payments of \$53	Or monthly payments of \$70

How to register:

- on-line at www.cecildancenter.com/register.htm
- submit a completed registration sheet via mail or in person at the main office

Program Guidelines/Benefits

- ❖ Individuals, who enroll for one or two class/es, may take a make-up class in any other class of an equal or lower value within this session.
- ❖ Participants can make a one-time payment OR must commit to two monthly automatic debit/credit charges to a credit card account the first on July 1 and the second on August 1. *Your satisfaction is guaranteed!* You will be allowed a two-week trial period on classes. If you are not happy with our program and choose not to continue you will receive a full refund.
- ❖ Please consult with your physician before starting any fitness classes/programs.

Important Notes

- ❖ Returned checks will be charged a \$35 fee.

Discount Rates

- ❖ There is a 15% discount for families with 2 participants in the fitness/dance program.
- ❖ There is a 20% discount for families with 3 or more participants in the fitness/dance program.
- ❖ There is a 15% discount for individuals registering for both the fitness and dance program. (discounts cannot be combined with any other offer. Maximum discount is 20%)