

RONNIE'S DANCE STUDIO

393 Maxim Drive, Hopatcong, NJ 07843 – 973-398-0098

LINE DANCE AND AEROBICS CLASSES



General Line Dancing – Monday Nights at 6:30 – 7:30 pm

Low to medium impact workout. Great variety of steps, dances, and patterns...
We will dance to anything from a waltz to a country western song to a hustle and more...

Low Impact Aerobics – Coming Soon – Watch for It!

Great for Beginners and Seniors... This is strictly low impact, open to anyone who wants a little exercise without exerting themselves or jumping around too much. It's a good way to learn some of the moves of line dancing, also, as the class moves along at a slower pace, to slower music. There will be some arms involved, but not enough to make you too sweaty.

Dance Aerobics – Two Times and Days

Wednesday Afternoons - 1 – 2:00 pm & Saturday Afternoons 3-4:00 pm

If you like to dance to all kinds of music, and don't mind sweating, then this is the class for you.... We will be using arm movements, lunges, some jumping jacks and real dance moves, too. We'll keep on moving to hits from all the decades...no country in this one!

Prepay: \$45 for 4 weeks; \$35 for 3 weeks
Drop in Price: \$15 per class

Sorry, no refunds or credit for classes paid for and missed!

REGISTRATION FORM (AEROBICS CLASSES)

Class(es) you're registering for:	Day and Time	Start Date	Course Fee

Name	email address	phone	Total Amt	check No.

Please register at front desk, or send your check to:

Ronnie's Dance Studio, 393 Maxim Drive, ANDOVER, NJ 07821

EMAIL: dancenut7@yahoo.com or visit: www.ronniesdancing.com