

All classes begin in June. Free TRIAL for any new class listed!

<https://dance-express.studiosuite.io/s/dxp-fitness-and-adult-classes-free-trial>

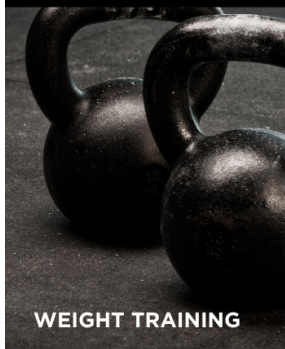
Note: Makeups are offered and encouraged!

Miss a class?? Make up in any one of our other class options.

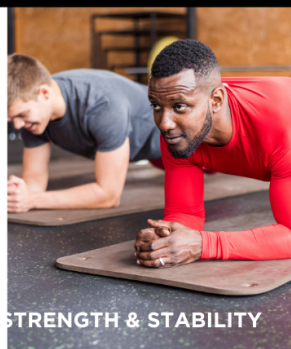
ADULT FITNESS CLASSES!



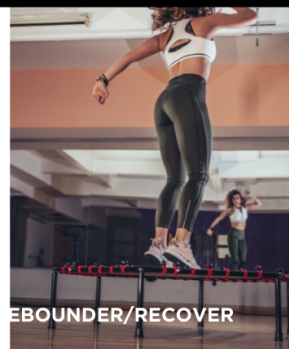
FUN. EASY. EXERCISE



WEIGHT TRAINING



STRENGTH & STABILITY



REBOUNDER/RECOVER



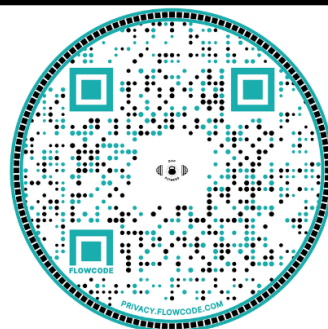
YOGA

TAKE A FREE TRIAL CLASS!

\$10 PER CLASS



DXP is excited to launch our new fitness program this summer. Scan the code for more info and to register for a free trial



Check out class descriptions and sign up for a free trial by clicking on class name

CLASS STYLE	Mon	Tue	Wed	Thu	Friday
Yoga	8:30-9:30 am		8:30-9:30 am		
Boot Camp		8:30-9:30 am		8:30-9:30 am	
Rebound/Restore					7:00-8:00 am
Restore/Rebound					7:30-8:30 am
Adult Basic Ballroom			6:00-6:30 pm		
Adult Basic Salsa			6:30-7:00 pm		
Adult Hip Hop/Jazz			7:30-8:00 pm		
Adult Tap			8:00-8:30 pm		

Monthly Tuition	Hours per Week	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0
	Cost per Month	\$36	\$49	\$70	\$87	\$105	\$119	\$131	\$139	\$148	\$162	\$168	\$182	\$190	\$198	\$206	\$213
Punch cards available	Daily Drop rate (no monthly fee needed)	\$10	\$15	\$20													

*Class drop ins are only allowed space permitting. Monthly customers are guaranteed a spot and class will close if maximum enrollment is reached.

