

Thursday Nights 7:00 to 8:00 PM
Where: Whittier Community Center
290 North 4th East
Logan, UT

Cost: \$70.00 for all 10 classes

\$40.00 for 5 classes

Pay by the class, \$10.00 each.

Make checks to CVSB

Instructor: **Tammie Clark** – personal trainer and fitness instructor

Dancetone: Strength and toning format comprising elements of dance, pilates and yoga. Class focus areas will be flexibility, balance, postural alignment, core strength, muscular definition, endurance and dance artistry through standing and matwork. Participants will move through strength-building sequences and toning combinations for an all-over body workout. Ages 12 and up. No dance experience necessary. A **yoga mat** is required and can be purchased inexpensively at Ross or TJMaxx.

Come for a fun, easy to follow energy loaded class for all levels
Tone/Chisel/Sculpt/ Lengthen/ Define through DANCE!

Bring a **towel and some H2O** to hydrate and a friend or two to sweat with