



Studio Z KIDS!

FITNESS EST. 2011

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>HIP HOP JR & BALLET/TAP CLASSES FOR KIDS: A SMALL SHOWCASE WILL BE HELD AT THE STUDIO ON 12/10 @ 6PM. LIMITED TO 30 PEOPLE. FAMILY OF THE DANCERS GET FIRST PICK.</p> <p>STRETCH & GROW FITNESS CLASSES: SESSION ENDS 12/08</p> <p>ZUMBA® KIDS GLOW PARTY!: THURSDAY 12/23 @ 6PM \$5</p>			<p>1 5PM STRETCH & GROW FITNESS STARS</p> <p>6PM POWERHOUSE CHEER CLASSES</p>	<p>2 6PM BALLET/TAP 4-9YRS</p>	<p>3 7PM SZF KID'S CLUB</p>	<p>4</p>
<p>5</p>	<p>6 7PM HIP HOP JR AGES 8+</p>	<p>7</p>	<p>8 5PM STRETCH & GROW FITNESS STARS</p> <p>6PM POWERHOUSE CHEER CLASSES</p>	<p>9 6PM BALLET/TAP 4-9YRS</p>	<p>10 6PM SZF DANCE SHOWCASE! </p> <p>7PM SZF KID'S CLUB</p>	<p>11</p>
<p>12</p>	<p>13</p>	<p>14</p>	<p>15 6PM POWERHOUSE CHEER CLASSES</p>	<p>16</p>	<p>17 7PM SZF KID'S CLUB</p>	<p>18</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22 6PM POWERHOUSE CHEER CLASSES</p>	<p>23  6PM ZUMBA® KIDS GLOW PARTY!</p>	<p>24</p>	<p>25 </p>
<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p>	

SIGN UP IN STUDIO FOR HIP HOP, BALLET/TAP, SZF KIDS CLUB & ZUMBA GLOW PARTIES.
 *ALL OTHER PROGRAMS ARE RAN THROUGH SEPARATE ENTITIES. SEE STUDIO WEBSITE FOR MORE INFO ON SIGNING UP FOR THOSE.

CLASS DESCRIPTIONS:

STUDIO Z DANCE PROGRAMS: Please enroll (in studio) by September 29th to be in the DECEMBER 10TH showcase



BALLET/TAP COMBO – This class will give your little dancer (ages 4-9) a basic introduction to ballet steps and positions while learning rhythm skills through tap technique and combinations. With fun exercises to age appropriate music, story-telling with movement and free dance, this fun and energetic class will keep those happy feet moving!



HIP-HOP JR – Does your child love to dance? Learn some hip-hop moves to some of the hottest tracks (age appropriate song versions will be used). This class is recommended for ages 8 years and up.

LICENSED PROGRAMS:



ZUMBA
kids

ZUMBA® KIDS CLASSES/GLOW PARTY – Designed exclusively for kids (ages 4-12), Zumba® Kids classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love! Join us once a month for our Glow Party of this class! \$5 drop-in in studio!



STRETCH & GROW FITNESS STARS CLASSES – Looking for an easy way to get your child active? Class includes focusing on motor skills, learning bones & muscles, practicing yoga poses and talking about nutrition. Recommended for kids (ages 3-6). *Register by emailing Olivia at oschwager@sng-macomb.com*

STUDIO Z CREATED PROGRAMS:



SZF KIDZ CLUB – This class is great for ages 4-12! Kids will play various games and fitness activities for the hour! \$5 drop-in at the studio.

POWERHOUSE CHEER PROGRAM:



CHEERLEADING CLASSES – These classes are held through the Powerhouse Cheer program. This is a competitive youth program that holds up to 2 recitals a year. You will need to contact Anna at (248) 979-2700 or register online at www.michigancheer.org for more details. Classes are held in the small suite and ran separately from Studio Z classes.

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