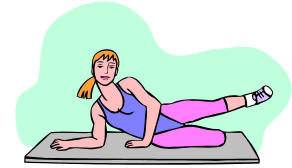
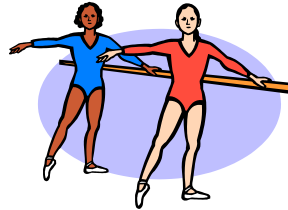




Metuchen Dance Centre
395 Main Street
Metuchen, NJ 08840
732-549-2244
Email: metuchendance@gmail.com
Website: MetuchenDance.com

ADULT CLASSES



Get your fitness on in a creative way in our state-of-the-art studio!

Monday:

9:15 - 10:15am

Barre Sculpt

Drop-in \$15 or 10-classes/\$120

7:30 - 8:30pm

Adult Ballet

Full year- Sept thru June (monthly tuition) +

Tuesday:

11:00 - 12:00pm

PiYo

Drop-in \$15 or 10-classes/\$120

7:15 - 8:15pm

Adult Tap

Full year- Sept thru June (monthly tuition) +

Wednesday:

9:00 - 10:00am

PiYo

Drop-in \$15 or 10-classes/\$120

Thursday:

9:15 - 10:15am

Barre Sculpt

Drop-in \$15 or 10-classes/\$120

1:00 - 2:00pm

Adult Ballet

Full year- Sept thru June (monthly tuition) +

8:30 - 9:15pm

Adult Ballet

Full year- Sept thru June (monthly tuition) +

9:15 - 10:00pm

Adult Jazz

Full year- Sept thru June (monthly tuition) +

Friday:

9:00 - 10:00am

PiYo

Drop-in \$15 or 10-classes/\$120

Saturday:

8:30 - 9:30am

willPower&grace

Drop-in \$15 or 10-classes/\$120

A fusion of cardio, strength and flexibility training. The class is performed in bare feet to strengthen and stretch the feet and ankles and prevent injury. The format is suitable for men, women and teens. Mats are not required or necessary.

*Fitness classes: \$15 drop-in fee *per class* or \$120 with pre-paid 10-class package

+Pricing for full-year classes is available at www.metuchendance.com or call us at 732-549-2244

Private Ballroom/Wedding Dance instruction by appointment!

Please call MDC at 732-549-2244 for further information.