

Contempro Dance Team's

☆ BOOT CAMP ☆

September 3rd, 4th, 5th evenings
with Miss Emily Peters & Guest Teachers
Bria Walton and Marissa Herrmann

Get your body ready before the start of the season.
Learn from multiple choreographers in a variety of genres!
Focus on your strength, flexibility, core work, cardio &
of course, technique!!!

Cost: \$100

We are only accepting 20 girls per group, so this is first come first serve. Groups & exact times will be determined after sign up.

Time:

Your class will be 90 minutes long each day. The genres will vary from contemporary, jazz & pilates. Hours will be between 4:30-9:00pm.

Come join us on September 5th in Suite 616 for a special performance of all the choreography we have learned the past two days! (Time TBD)

Student's Name:

Emergency Contact Name & Phone Number:
