

Unlimited Adult Classes in February: \$50



www.metrofinearts.com

Ignite the love for your body.

This February, experience the transforming power of dance and yoga as you begin your journey towards a long, lean, strong and flexible physique. Join our supportive and engaging community and take classes that will help you reach your full potential and learn to love your body.

Ballet-Tap-Jazz-Yoga-metroBarre*

**A ground-breaking workout program that combines isometric exercises and stretches to lengthen and sculpt your muscles to create a beautiful, lean body.*

The benefits:

- A sculpted physique
- Stronger core strength
- Cardiovascular health
- Increased flexibility, strength and endurance
- Increased mental acuity

Call today:

703.339.0444 (Kingstowne/Alexandria)

703.495.8777 (Fairfax Station/Lorton/Laurel Hill)

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Love your body.

Classes

Class	Location	Day	Time
Adult Ballet I	FFX	Monday	8:00-9:15 p.m.
Adult Ballet II	ALX	Wednesday	7:00-8:00 p.m.
Adult Ballet II/III*	ALX	Thursday	9:30-11:00 a.m.
Adult Ballet II/III	ALX	Monday	8:00-9:30 p.m.
Adult Jazz II/III	ALX	Thursday	8:30-9:30 p.m.
Adult Tap I	ALX	Wednesday	8:00-9:00 p.m.
Adult Tap II/III	ALX	Tuesday	7:00-8:00 p.m.
Adult Yoga*	ALX	Monday	9:30-10:30 a.m.
Adult Yoga*	ALX	Wednesday	9:30-10:30 a.m.
Adult Yoga*	ALX	Friday	9:30-10:30 a.m.
metroBarre*	ALX	Tuesday	9:30-10:30 a.m.
metroBarre	ALX	Wednesday	8:00-9:00 p.m.

* Childcare is available for a small fee.

We have a flexible drop-in policy for all adult classes aside. Drop-in classes meet the same day and time each week. Once you determine your level of study, you may drop in to any class on our schedule with no additional fee. Our front desk staff is on hand to guide you through our schedule and to assist you in choosing a class that meets your needs and abilities. Classes may be purchased individually or by purchasing a class card in increments of 10, 20 or 30 classes.

ADULT CLASS LEVELS

Level I (Basic): Little to no previous class instruction in this dance form.

Level II (Beginning/Intermediate): Class is geared toward mastering basic skills and building upon the technique learned in Level I.

Level III (Intermediate/Advanced): Class is intended for students with a solid dance foundation. Students will focus on developing intermediate level skills and vocabulary. Teachers will challenge students with increasingly difficult exercises and combinations to build strength and proper technique.

TUITION AND PRICES

Drop-In Classes are **\$13/class**.

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Experience the transforming power of dance.