

# Dance!

## Into Action!

If you've been looking to get your heart pumping and your body moving but want something a little different than pumping weights and endless elliptical gyrations - then check out the Dance Into Action program.

Boogie on down with **Tahitian, Zumba, Street Jamz Workout** or shake it with **Fusion Belly Dance**. These classes are **FUN** with a capital F!

Dance Into Action offers adult beginning, intermediate ballet and modern classes too!

If stretching and relaxing is what you're looking for then try **COREography, Yoga** or **Movement Conditioning**.

We are conveniently located at 777 S. Hotel Street in the old Scan Design building by Straub. Rooftop **parking** entrance from S. Hotel, or plenty of meter parking on King during the day, or free after 630pm.

Classes for flexible time schedules and after work!

Classes range from \$5-\$15 per class. Class cards available.

# BALLET HAWAII

Ballet Hawaii Dance Center  
777 S. Hotel Street (old Scan Design)  
enter from S. Hotel St.  
808-521-8600  
facebook/danceintoaction  
[danceintoaction@gmail.com](mailto:danceintoaction@gmail.com)

**FREE PASS! DANCE INTO ACTION**  
Good for one FREE Adult Class!

Bring this to class and give to the instructor.

Name \_\_\_\_\_

Email \_\_\_\_\_

\*Some restrictions apply. Must be 18 years or older. One per new student. Expires 3/31/12

1/10/12

### **Mondays**

**Adult Ballet, Int.** 10a-1130a , \$15/\$12 w/card  
**Tahitian**, 5-6p (beg), 6-7p(int) 7-8p(adv), \$20/\$50 w/card  
**Zumba**, 630p-730p, \$6

### **Tuesdays**

**Movement Conditioning**, 10a-11a, \$15/\$12 w/ card  
**Zumba**, 6-7p, \$6

### **Wednesdays**

**COREography**, 845a-945a, \$15/\$12 w/card  
**Adult Ballet, Int.** 10a-1130a , \$15/\$12 w/card  
**Yoga Beg/Int.**, 345p-445p, \$10  
**Street Jamz Workout**, 530p-630p, \$5  
**Adult Ballet, Beg/Int** 630p-745p , \$15/\$12 w/card  
**Fusion Belly Dance, Beg.** 630p-730p, \$12 \$10 w/card/Int. **730-830p**

### **Thursdays**

**Adult Ballet Beg/Int.** 10a-1130a , \$15/\$12 w/card  
**COREography**, 10a-11am, \$15/12 w/card  
**Zumba**, 6-7p, \$6  
**Modern, Int.** 7p-830p, \$15/12 w/card

### **Fridays**

**Adult Ballet, Int.** 10a-1130a , \$15/\$12 w/card  
**Zumba Hula**, 630-730p, \$6

### **Saturdays**

**COREography**, 9a-10am, \$15/12 w/card  
**Adult Ballet, Beg.** 10a-11a, \$15/\$12 w/card  
**Men's Ballet**, 12n-130p, \$15/\$12 w/card

### **Sundays**

**Zumba Gold**, 1p-2p, \$6