

free trial week

SEPT. 5TH - SEPT. 7TH



Tuesday 3:30pm Ballet/Tap
Wednesday 10am Pre-Dance
Wednesday 3:30pm Pre-Dance
Wednesday 5:15pm Ballet/Tap 1 - Teen
Thursday 9am Pre-Dance

HELLO

Fall!

Can you believe it's nearly September? Summer sure does fly by. And with that comes a NEW Dance Season! We're excited to offer Free Trial Week Sept. 5th-7th.

Does your child have a birthday coming up? September is already BOOKED! Be sure to plan ahead if your child would love a dance birthday party!

Have a GREAT Fall Season/School year!!

SINCERILY

Mrs. Olivia

IMPORTANT DATES

Mon. 8/28 5:30am Group Fitness - new Fall Schedule

Mon. 9/4 Studio CLOSED for Labor Day

Tues. 9/5-Thurs. 9/7
Free Trial Week

Thurs. 9/7 Move & Groove returns!

Wed. 9/6 8:30am Group Fitness - new Fall Schedule

Sat. 9/9 Sat. 7:30am Group Fitness kicks off

Mon. 9/11 Fall Dance Session 1 Begins

Sat. 9/23 Fall Festival Tea & Dance Party



LET'S

Dance!

- Ages 1.5-2 Move & Groove*
- Ages 3-5 Pre-Dance
- Ages 5-7 Ballet/Tap Combo
- Ages 7-9 Ballet/Tap Lvl 1 Combo
- Ages 9-12 Pre-Teen Combo
- Ages 13+ Teen Combo
- Adult Ballet & Tap*

* Drop In Class. \$18/adult dance
\$15 Move & Groove includes one child/one guardian.
Additional attendees \$5 each.

Register Today!

**New Class
Alert!**



With enough demand, we're adding Twirling Twos to the Fall Schedule! Kindly fill out this short form and let us know! 🍷

<https://www.oliviaallendanceandfitness.com/contactform.html>



TEA & DANCE

Seasonal Parties

Tea & Dance Parties are seasonal events open to the community!

Saturdays from 11:30-1:00pm

Ages 3-8

\$22/party

Read stories about the season or holiday, have a dance party with movement and games, enjoy tea (apple juice!) and treats followed by a craft and coloring. In the last few minutes of your magical party, take a photo in front of the seasonal backdrop with props!

**Fall Festival & Trick
or Treat are OPEN
for Registration!**

- September 23rd, Fall Festival
- October 21st, Trick or Treat
- December 16th, the Nutcracker Tea
- February 10th, Valentine's Day
- March 16th, St. Patrick's Day
- April 13th, a Bug's World
- May 18th, Celebrate Spring
- June 8th, Summer Splash



GROUP *Fitness*

- Monday 5:30am Pump It Up
 - 8:30am Barre
- Tuesday 5:30am Step Up!
- Wednesday 8:30am Barre+Flow
- Thursday 5:30am Power Hour
- Friday 5:30am HIIT Cardio/Core
 - 8:30am Sunrise Flow
- Saturday 7:30am Barre + Flow

530am Classes have begun!

8:30am Classes begin 9/6

Saturday Classes begin 9/9

Reserve Your Spot!

Personal Training & Private Dance Lessons



Why invest in one on one training?

Tailored programs for YOU
Reach your goals quicker with accountability.
Improve your form and reduce risk of injury.
Improve your health and well being.

Contact Olivia Allen today to begin YOUR journey!
OliviaAllenDanceandFitness@gmail.com