



**DANCE  
STUDIOS**

**FITNESS  
CLASSES**

**FITNESS GYM**

**BOXING CLUB**

**MARTIAL  
ARTS**

**2009-2010**

Over 70  
Different Classes!

**31-2 Rt. 25w  
Plymouth, NH 03264**

**603-536-8902**

**www.theninthstate.co  
m**

### **DIRECTIONS:**

Take I93 to Exit 26. Follow Tenney Mountain Highway past Hannford and Wal-Mart until coming to the traffic rotary. Bear Right onto Rt 25w. Toward Rumney. The Ninth State is about 150yds past the traffic rotary on your left hand side across the street from Baker Valley Floors.

### **INSTRUCTORS:**

Ninth State's professional and friendly instructors all have numerous degrees and certifications in their fields. Most importantly, they are dedicated to providing you a positive, safe and fun environment to reach your goals! Please visit our website at [theninthstate.com](http://theninthstate.com) for bios and more details including class descriptions.

### **FACILITY:**

The Ninth State features three full size, temperature controlled dance & exercise studios along with a full fitness gym and a complete boxing facility. There's also plenty of parking, a reception and viewing room, shower facility, and much much more.

**FAMILY DISCOUNTS AND  
HEALTH INSURANCE  
PAYMENTS &  
REIMBURSEMENTS  
AVAILABLE!**

### **EVENTS & DATES:**

Please visit our website, [theninthstate.com](http://theninthstate.com), for a list of must save dates including our Children's Nutcracker performances, Boston Celtics performances, Upcoming Boxing Matches, End of the Year showcase, and more. Plus, all holidays and closing dates are also posted.

***Connect With People At  
The Ninth State Via  
Face Book  
And Be Our Friend!***

# NINTH STATE

# 2009 – 2010

# CLASS SCHEDULE

OPEN HOUSE SAT. 8/29 FROM 10am-2pm. Dance Classes Start Tuesday Sept. 8<sup>th</sup>. Fitness Classes Start Monday August 31<sup>st</sup>. All Classes subject to change based on enrollment and instructor availability.

## MONDAY

Terrain Spin 5:45am-6:45am  
Body Blast with Boxing  
6:00am to 6:45am  
Boot Camp 9:15am to 10:15am

Ballet III 3:45pm to 4:45pm

Nutcracker Rehearsal  
4 :00pm to 5:15pm  
Begins 11/16

Youth Boxing (ages 13-18) 4:00pm-  
5:00pm

Zumba 5:30pm to 6:30pm

Spin 5:30pm to 6:15pm

Youth Jiu-Jitsu 6:00pm to 7:00pm

Open Boxing 5:45pm to 7:45pm

Line Dancing 6:30pm to 8:00pm Begins  
9/28

Pilates 6:30pm to 7:15pm

Adult No-gi 7:00pm to 8:30pm

TBA Modern III & Modern IV/Open

## TUESDAY

Group Strength 5:45am to 6:45am  
Zumba Gold 8:00am to 8:45am  
Weight Watchers Meeting @ 9:00am  
Body Blast w/Boxing 9:15am to 10:15am

Pre-dance 2:30pm to 3:15pm

Creative Movement 3:15pm to 4:00pm

Ballet II 3:45pm to 4:45pm

Ballet & Tap I 4:00pm to 4:45pm

Zumba Gold 4:45pm to 5:30pm

Hip Hop I & II 4:45pm to 5:30pm

Body Blast w/Boxing 4:45pm to 5:30pm

Ballet IV & Pointe 5:00pm to 7:00pm

Beginner Spin 5:30pm to 6:15pm

Karate Youth & Adult 5:30pm to 6:30pm

Yoga 5:30pm to 6:45pm

Weight Watchers Meeting  
@ 6:30pm

Open Boxing 6:45pm to 8:00pm

## WEDNESDAY

Strength Spin 5:45am to 6:45am  
Body Blast with Boxing 6:00am to 6:45am  
Pilates 9:15am to 10:15am

Creative Movement 3:00pm to 3:45pm

Ballet III 3:45pm to 4:45pm

Basic Hip- Hop 3:45pm to 4:30pm

Youth Boxing (ages 13-18)  
4:00pm-5:00pm

Tap III 4:45pm to 5:30pm

Ballet IV/Open 5:00pm to 6:00pm

Zumba 5:30pm to 6:15pm

Spin 5:30pm to 6:15pm

Dynamic Flow Yoga  
5:30pm to 6:30pm

Open Boxing 6:00pm to 8:00pm

Tap IV/Open 6:15 to 7:15pm

Pilates 6:30pm to 7:15pm

Hip-Hop IV/Open 7:15pm to 8:15pm

DANCE CLASSES - RED

FITNESS CLASSES -  
GREEN

SPECIALTY CLASSES -  
BLUE

Check Out Our Lincoln Program In  
Dance & Fitness  
communitycenter@lincolnnh.org

All Fitness Classes  
(Except Zumba Gold)

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# 2009 – 2010

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## THURSDAY

Ball Training 5:45am to 6:30am

Zumba 6:30am to 7:15am

Zumba Gold 8:00pm to 8:45am

Spin 9:15am to 10:15am

Pre-dance 3:15pm to 4:00pm

Ballet II 3:45pm to 4:45pm

Basic Ballet & Tap 4:00pm to 4:45pm

Beginner Spin 4:00pm to 4:45pm

Zumba Gold 4:45pm to 5:30pm

Tap II 4:45pm to 5:30pm

Body Blast w/Boxing 4:45pm to 5:30pm

Ballet IV & Pointe 5:00pm to 7:00pm

Hip - Hop III 5:30pm to 6:30pm

Belly Dancing 6:00pm to 7:00pm Begins 9/24

Karate Youth & Adult 5:30 to 6:45pm

Open Boxing 6:45pm to 8:00pm

Beginner Ballroom & Party 7:00pm to 8:15pm \*\*

Intermediate Ballroom & Party

7:00pm to 8:15pm

3<sup>rd</sup> Thursday Lessons @ Cman 6:00pm followed by

FREE live Big Band @ 7pm to try out your moves! Begins 9/17

## FRIDAY

Interval Spin 5:45am to 6:30am

Strength & Conditioning 6:30am to 7:15am

Strength & Conditioning 9:15am to 10:15am

Nutcracker Rehearsal

4:00pm to 6:30pm Begins 9/28

Open Boxing 5:00pm to 7:00pm

Friday Adult Ballroom & Kids Movie Night! 7pm to 8:30pm TBA

## SATURDAY

Zumba Gold 8:00am to 8:45am

Instructors Choice Spin 8:00am to 8:45am

Zumba 9:00am to 10:00am

Adult Gi 9am to 10:30am

Nutcracker Rehearsal 10:30am to 1pm Begins 9/26

Adult Karate 11am to 1pm

## GYM HOURS

M-F: 5:30am-12pm; 2:30pm-8:30pm

SAT:8am-12pm; SUN: Closed.

PERSONAL TRAINING & PILATES REFORMER  
ALSO AVAILABLE!

Coming Soon! Zumba Toning, Zumba Kids & More  
Yoga!

# PRICING

## DANCE CLASSES\*

Pre Dance &

Creative Movement - \$35mo.

All 45min Dance Classes - \$39mo.

All 1hr. Dance Classes - \$42mo.

Ballet II & Ballet III - \$80mo.

Ballet IV - \$185mo.

\* An annual Reg. Fee of \$20 per family is required

## FITNESS\*\*

Unlimited Membership:

All Fitness Classes & Gym - \$69mo.

Gym Only Membership - \$35mo.

PUNCH CARDS: Good for any  
fitness class or day at the gym.

8 Classes - \$39 (less than \$5.00 a class)

12 Classes - \$55 (less than \$4.75 a class)

20 Classes - \$79 (less than \$4.00 a class!!)

Single Class/Day Rate Gym - \$8

\*\* Reg. Fee of \$20 per family may be required

## SPECIALTY CLASSES\*\*\*

Ballroom Dancing - \$59 couple per mo.  
- \$8 per person single class

Belly Dancing – 8 weeks for \$72

Line Dancing - \$8 per class

Karate (2x week) - \$45mo.

Jiu-Jitsu / Adult No-gi - \$50mo.

\*\*\* Reg. Fee may be required

Weight Watchers: [www.weightwatchers.com](http://www.weightwatchers.com)

These great classes and services are located @ The Ninth State Movement Complex or within our building!! The Ninth State has the information at reception or visit [www.theninthstate.com](http://www.theninthstate.com) for links!

### ***Pilatesophy***

Private and Semi-Private Pilates Reformer Lessons @ The Ninth State Movement Complex

Contact: Sarah Breslin

[www.pilatesophy.vpweb.com](http://www.pilatesophy.vpweb.com) 978-201-9554

***White Mountain Brazillian Jiu-Jitsu and MMA*** @ The Ninth State Movement Complex

Contact: Craig Wiley

[www.bijusa.com](http://www.bijusa.com) 802-353-3730

***Doshiki Karate Academy*** @ The Ninth State Movement Complex.

[www.theninthstate.com](http://www.theninthstate.com)

***Personal Training*** w/ Shane, Teese, or Amber @ The Ninth State Movement Complex [www.theninthstate.com](http://www.theninthstate.com)

***Weight Watchers*** @ The Ninth State Movement Complex

[www.weightwatchers.com](http://www.weightwatchers.com)

### **Take Time To Heal Naturally**

*Restorative Therapies.* Located w/in the building.

Contact: Melanie Blinstrub

[www.taketimetoh heal.com](http://www.taketimetoh heal.com)

(603) 536-3800

***Body Solutions*** located w/in the Building

Certified Massage and Occupational Therapy

Contact: Kim Willey [www.bodysolutionstherapy.com](http://www.bodysolutionstherapy.com) 802-353-1300

***PLYMOUTH CHIROPRACTIC PLLC.*** located w/in the building.

Contact: Dr. David Landseadel

[www.plymouthchiro.com](http://www.plymouthchiro.com) (603) 536-2221

***PATRONS OF THESE BUSINESSES CAN RECEIVE A 5% DISCOUNT TOWARD ANY 9<sup>TH</sup> STATE FITNESS MEMBERSHIP OR PUNCH CARD.***