

2008-2009 DANCE CLASS SCHEDULE

31-2 VALLEY CENTER RT 25W. PLYMOUTH, NH 03264
603-536-8902 WWW.THENINTHSTATE.COM

ALL CLASSES SUBJECT TO CHANGE AT ANYTIME. SEE OTHER SIDE FOR FITNESS CLASS SCHEDULE.
9th State's goal is to offer the highest number of quality classes each year throughout the year. Therefore, classes offered may be added or dropped and scheduled times may fluctuate in order to accommodate enrollment, interest, and availability of instructors. Registration Fee & Proper Dress Attire Required. OPEN HOUSE 9/6/08 10am-2pm CLASSES START 9/8/08

Studio 1*

Studio 2*

Studio 3*

MONDAY

Pre-Dance 2:30-3:15pm
Creative Movement 3:15-4:00pm
TBD 4:00-4:45pm
Ballet III 5:00-6:30pm
Tap III – 6:30-7:30pm
Tap IV 7:30-8:30pm

Ballet II 4:00-5:00pm
Ballet IV & Pointe 5:15-7:30pm
Ballroom Dance 7:30-8:30pm

Basic Ballet & Tap 4:00-4:45pm
Tap II – 5:00-6:00pm
Cardio Kick Boxing 6:30-7:30pm

TUESDAY

Pre-Dance 2:30-3:15pm
Creative Movement 3:15-4:00pm
Ballet & Tap I – 4:00-5:00pm
Hip Hop I – 5:00-6:00pm
Hip Hop IV 6:00-7:00pm
Adult Ballet 7:00-8:00pm

Ballet III – 4:30-6:00pm
Modern III – 6:00-7:00pm
Modern IV – 7:00-8:30pm

TBD – 4:00-5:30pm
Body Sculpting – 5:30-6:30pm
Yoga – 6:30-7:45pm

WEDNESDAY

Creative Movement 2:30-3:15pm
Pre-Dance 3:15-4:00pm
Basic Hip Hop 4:00-4:45pm
Hip Hop II 5:00-6:00
Hip Hop III – 6:00-7:00pm
Adult Tap 7:00-8:00pm

Ballet II 4:00-5:00pm
Ballet IV & Pointe 5:15-7:30pm
Ballroom Dance 7:30-8:30pm

Irish I – 4:00-4:45pm
Basic Irish – 4:45-5:30pm
Irish TBD – 5:30-6:30pm
Dance Aerobics – 6:30-7:30pm

THURSDAY

TBD – 4-5:30pm
Youth Dance Theatre – 5:30-7:00pm
(Nutcracker & Boston Celtics)

Ballet III & IV Technique – 4:30-5:30pm
Youth Dance Theatre – 5:30-7:00pm
(Nutcracker & Celtics)

Pilates I – 4:00-5:00pm
Pilates II – 5:00-6:00pm
Body Sculpting – 6:00-7:00pm
Tai Chi – 7:00-8:30pm

FRIDAY

Nutcracker Rehearsal – 4:30-6:30pm

Belly Dancing – 5:00-6:00pm

DANCE CLASS COST*

Prices are for number of dance classes per month for each family/household. Classes that meet 2 or 3 times a week count as 2 or 3 classes.

| | |
|-------------------|--------------------|
| 1 Class - \$43 | 6 Classes - \$220 |
| 2 Classes - \$80 | 7 Classes - \$250 |
| 3 Classes - \$117 | 8 Classes - \$279 |
| 4 Classes - \$152 | 9 Classes - \$315 |
| 5 Classes - \$187 | 10 Classes - \$340 |

Ballroom Dance – 1 Class a month - \$59/couple
Both classes for the month - \$99/couple

* A Registration Fee per family is required.
Please See Payment Policy Online or at Studio.

HEALTH INSURANCE REIMBURSEMENT

Ninth State Fitness Memberships often qualify for reimbursement from Medical Health Insurance. Contact your provider for details

REGISTRATION & INFORMATION

Registration Forms, Class Descriptions, Instructor Bios, Placement of Students, Dress Requirements, and much more may be found online at www.theninthstate.com or by calling 603-536-8902 or stopping by - Receptionist
Hours are Monday-Thursday 2:30pm-6:30pm.

2008-2009 FITNESS CLASS* SCHEDULE

FITNESS CLASS MEMBERSHIP – Only \$59 a month!!

Includes all Fitness Classes and a Gym Membership!!

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| Cardio Boxing Circuit 6:00-6:45am | Fitness Bootcamp 6:00-6:50am | Cardio Boxing Circuit 6:00-6:45am | Fitness Bootcamp 6:00-6:50am | Boxing Clinic 6:15-6:45am |
| Open Gym Boxing 7:00-8:00am | Boxing Clinic 6:15-6:45am | Open Gym Boxing 7:00-8:00am | Boxing Clinic 6:15-6:45am | Cardio Boxing Circuit# 9:15am-10:00am |
| Step & Tone# 9:15am-10:15am | Body Sculpting 6:50am-7:40am | Cardio Kickboxing# 9:15am-10:15am | Body Sculpting 6:50am-7:40am | |
| | Tai Chi# 9:00-10:30am | | Step & Tone# 9:15-10:15am | |
| After School Boxing† (ages 9-13) 3:30-4:30pm | Boxing Clinic 5:00-5:30pm | After School Boxing† (ages 9-13) 3:30-4:30pm | Pilates I 4:00-5:00pm | Open Gym Boxing 4:30-7:00pm |
| Open Gym Boxing & Sparring 4:30-5:45pm | Body Sculpting 5:40-6:30pm | Open Gym Boxing & Sparring 4:30-5:45pm | Pilates II 5:00-6:00pm | |
| Cardio Boxing Circuit 5:45-6:30pm | Open Gym Boxing & Sparring 5:30-7:00pm | Open Gym Boxing & Sparring 4:30-5:45pm | Boxing Clinic 5:30-6:00pm | |
| Cardio Kickboxing 6:30-7:30pm | Yoga 6:30-7:45pm | Cardio Boxing Circuit 5:45-6:30pm | Open Gym Boxing & Sparring 6:00-7:30pm | |
| | | Boxing Clinic 6:30-7:00pm | Open Gym Boxing & Sparring 6:00-7:30pm | |
| | | Dance Aerobics 6:30-7:30pm | Body Sculpting 6:00-6:50pm | |
| | | | Tai Chi 7:00-8:30pm | |

Fitness Gym Hours & Rates

– Monday – Friday 5:45am-11am
& 2:30pm-8:30pm

-- Saturdays 8:00am-12:00pm;

-- Sun. Closed

-- \$35* Month;

\$25 Week;

\$9 Day

*ALL CLASSES SUBJECT TO CHANGE. Registration Fee may be required.
NO LONG TERM CONTRACTS! Payment Due the First Week of each Month

- These morning classes start in October. On site Babysitting will be available!

(† - \$45 a month for After School Boxing only. Does not include other classes or gym)