<table>
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<th>MONDAY</th>
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<tr>
<td><strong>Barre-Dance Fusion</strong>&lt;br&gt;Monday’s &amp; Wednesday’s&lt;br&gt;7:45 – 8:45 pm&lt;br&gt;Sept 5 – Nov 7&lt;br&gt;$59 • Studio 2</td>
<td><strong>Studio Dance</strong>&lt;br&gt;Tuesday’s &amp; Thursday’s&lt;br&gt;7:45 – 8:45 pm&lt;br&gt;Sept 4 – Nov 8&lt;br&gt;$59 • Studio 2</td>
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<td><strong>Hip Hop</strong>&lt;br&gt;Monday’s &amp; Wednesday’s&lt;br&gt;8:30 – 9:45 pm&lt;br&gt;Sept 5 – Nov 7&lt;br&gt;$65 • Moby Aerobics Room</td>
<td></td>
<td><strong>Ballroom Dance</strong>&lt;br&gt;Wednesday’s&lt;br&gt;8:00 – 9:00 pm&lt;br&gt;Sept 5 – Nov 7&lt;br&gt;$49 • Studio 4</td>
<td><strong>Beginner Salsa</strong>&lt;br&gt;Thursday’s&lt;br&gt;8:30 – 9:30 pm&lt;br&gt;Sept 6 – Nov 8&lt;br&gt;$49 • Studio 4</td>
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Sign up for classes online at purchases.csurec.colostate.edu or in person at the Service Center!

**Schedule and prices are subject to change**  
*No classes during Fall Break (Nov 19-23)*

Campus Recreation fitness classes and personal training sessions are suitable for all fitness levels and do not require previous experience. Our instructors are trained to challenge participants; however, please remember to listen to and honor your body's strengths, weaknesses, or any existing injuries. If you feel discomfort or dizziness, discontinue exercising and notify the instructor.
Dance Class Descriptions

**HIP HOP**
Want to break a sweat without even realizing you're working out? Come join Hip Hop with Hailey! You will be challenged in different styles including breaking, locking, popping, waacking, house, and funk. Never danced before? That's okay. In this class all levels will be accommodated and challenged, so come bust a move and break a sweat to some of the best hip hop hits of our generation!

**BARRE-DANCE FUSION**
Invigorating, inspiring, and inviting, BARRE-DANCE FUSION opens the dance floor to any-BODY eager to move, groove, sweat, sculpt, stretch, shape, or tone in-tune! Together, with dynamic music and diverse movement, we will flow through a rhythmic fusion of classical dance techniques—ballet, modern, jazz—creative contemporary styles—ecstatic, hip-hop, Hindi—and conscious conditioning practices—barre, yoga, pilates. Each unique sequence will build upon the next, evolving this transformative, energizing class into a challenging, balancing, rewarding, and FUN experience for all dancers—with or without any form of dance background.

**STUDIO DANCE**
Are you looking for a fun way to stay in shape this semester while energizing yourself with creative motion? Dance Fusion is a combination studio dance class of ballet, hip hop, jazz and belly dancing. You'll surprise yourself with how fast the hour flies by when you stunt your moves to your favorite hit songs. Don't be mistaken though, you don't have to already know how to dance to enroll. We welcome dancers of all levels to come and have a great time! Don't miss out and hope to see you soon!

**BALLROOM DANCE**
This class is ideal for those who are completely new to dancing or for those who have prior dance experience but want a review or wish to learn the basics of a new dance. We will be covering the following American style smooth and rhythm dances: Waltz, Tango, Foxtrot, Cha-cha, Rumba, and Swing. No partner required (we will be rotating partners). Everyone is welcome, whether you want to learn to lead and/or follow it's up to you! Requirements: clothing that allows for comfortable movement. Also, a pair of dance shoes or a comfortable pair of non-street/non-marking shoes.

**BEGINNER SALSA**
Salsa is a very popular club dance with lots of opportunities to practice socially. In fact, right here in Fort Collins there are several weekly salsa dance events! This class is ideal for those who are completely new to Salsa or for those who are looking to review and master the basics. In addition to covering the basics of Salsa, we will be going over some basic patterns for Bachata (another popular dance which often accompanies Salsa in clubs). No partner required (we will be rotating partners). Everyone is welcome, whether you want to learn to lead and/or follow it's up to you! Requirements: clothing that allows for comfortable movement. Also, a pair of dance shoes or a comfortable pair of non-street/non-marking shoes.