BARRE-DANCE FUSION  $69

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  $65

Moby Aerobics  Tuesdays & Thursdays  8:30 - 9:45 pm  February 2 - April 14*

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!

HIP HOP  $65

Studio 2  Wednesdays & Thursdays  4:30 - 5:45 pm  February 3 - April 14*

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!

FIRST CLASS IS FREE! *NO CLASSES DURING SPRING BREAK

Sign up for classes online at purchases.csurec.colostate.edu or in person at the Service Center starting January 19th!
For more information, email michelle.gehret@colostate.edu or call 970-491-5682

Check out the Dance and Martial Arts Preview Night on Wednesday, January 27th from 6-9pm in the Mat Room to demo classes and get a chance to win prizes!

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.