

## PRICES

The more you buy, the more you save!

### POLE DANCING

#### Intro to Pole/ Sensual Movements Only

(Both classes for the very beginner.)

Single Class:	\$25.00
Buy 6 Classes:	\$20.83 each
Buy 13 classes:	\$19.23 each

#### ALL Pole Classes

Single Class:	\$35.00
Buy 6 Classes:	\$29.16 each
Buy 13 Classes:	\$26.92 each

Pole Playground (no lesson): \$15.00

### CARDIO DANCE / MUSCLE TONING

#### Burlesque, Fusion Dance Fitness, Tone & Tighten

Single Class:	\$18.00
Buy 5 classes:	\$16.00 each
Buy 10 classes	\$15.00 each

**Private Cardio Dance Party**  
**\$25.00 pp. (10-person minimum)**

### BELLYDANCE / FLEX & STRETCH

Single Class:	\$20.00
Buy 5 classes:	\$18.00 each
Buy 10 classes:	\$16.00 each

PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES

### POLE PARTIES

1 Hour "Quickie": (10 people or less only)	\$280
1½ hours: (8-person minimum)	\$40 pp.
2 hours: (8-person minimum)	\$50 pp.
2½ hours: (8-person minimum)	\$60 pp.

## SPECIAL DEALS

### UNLIMITED CLASS PACKAGE \*

Take all classes a many times as you want!

Best value if you plan to take 3 or more classes a week on a regular basis.

**\$8.33 per day\***

(\*3-Month commitment, paid monthly)

**BEST DEAL!**

### 1 FULL WEEK

### UNLIMITED CLASS PACKAGE \*

- Pole Dancing
- Bellydancing
- Burlesque
- Cardio Dance
- Strength Training
- Flexibility Classes

**MOST POPULAR!**

Take all classes a many times as you want!

Best value if you plan to take 3 or more classes in a week.

**\$9.99 per day\***

(\*For 7 days in a row, paid weekly)

### THE TEASER PACKAGE

This fabulous package includes:

- 1 Intro to Pole Dancing class
- 2 Bellydance, or Flexibility classes
- 2 Cardio Dancing or Strength Training classes

**\$79.99**

**Save over \$22.00!**

Expires 3 months from DATE OF PURCHASE

### ULTIMATE FITNESS PACKAGE

This fabulous package includes:

- 5 Pole Dancing and/or Sensual Movements Classes
- 5 Cardio and/or Strength Training
- 5 Bellydance/ Flexibility Stretch Classes
- 

**\$289.98**

**Save over \$76.00!**

Expires 3 months from DATE OF PURCHASE

# Forget the gym.

## We're bringing fun back to fitness!



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

19 North Main Street  
Norwalk, CT  
203-803-9398  
[info@workitfit.com](mailto:info@workitfit.com)

# Work It!

Confident. Strong. Sexy.  
Empowering. That is how your  
workout should make you feel.

At Work It Dance and Fitness, you  
will learn new and exciting dance  
and fitness techniques that are  
exclusive to Work It, attracting  
people from the entire tri-state  
area. You will get fit, but you will  
have fun!

Our highly skilled instructors are  
here to offer you unique classes in  
our beautiful private studio.

Classes are kept small to give you  
that personal touch and motivation  
not found in the "big gyms".

Work It currently provides group  
fitness classes, private dance  
instruction, and private  
classes/parties at our intimate  
South Norwalk studio. Single  
classes and class packages are  
available.



"Any class is a one of a kind work out which makes everything  
interesting and fun!"

Adrianna R. from Stamford , CT

## Monday

6:30pm **TONE & TIGHTEN**  
(Low Impact, Burn Calories, Tone Muscles)

7:45pm **POLE FITNESS (90 min)**  
(Body Conditioning for all levels.  
Pole experience is helpful, not necessary.)

## Tuesday

7:00pm **BURLESQUE (Sexy Cabaret Jazz Dancing)**

8:15pm **BELLYDANCING (Open Level)**

## Wednesday

5:15pm **POLE DANCING (Open Level) \*\***

6:30pm **TONE AND TIGHTEN**

7:45pm **FLEXIBILITY (Stretching / Injury Prevention)**

## Thursday

7:00pm **FUSION DANCE FITNESS (Cardio Dance)**

8:15pm **DIVA POLE**  
(For my curvier clients! Great for newbies!)

**\*\* You must have pole experience for this class.**

## Friday

6:45pm **INTRO TO POLE DANCING TRICKS**

8:00pm **SENSUAL BODY MOVEMENTS**  
(Sexy Floor, Wall, & Pole Play!)

## Saturday

8:45am **TONE & TIGHTEN**

10:00am **BELLYDANCING (Technique)**

11:30am **BEG-INT POLE DANCING\*\***

12:45pm **POLE PRACTICE (90 min)\*\***  
(Not instructor led)

5:00pm **SPINS AND TRICKS\*\***

6:15pm **INTRO TO POLE DANCING TRICKS**

## Sunday

[Check online for our Sunday morning schedule](#)

6:15pm **INTRO TO POLE DANCING TRICKS**

7:30pm **POLE FLOW CHOREOGRAPHY\*\***

**PRE-REGISTRATION IS REQUIRED FOR  
ALL CLASSES**

**CLASS SCHEDULE IS SUBJECT TO  
CHANGE. GO TO [WWW.WORKITFIT.COM](http://WWW.WORKITFIT.COM)  
FOR UPDATES AND SPECIAL EVENTS.**

