

PRICES

The more you buy, the more you save!

POLE DANCING

ONLY: Intro to Pole/ Sensual Movements

(Good for beginners)

Single Class: \$25.00
Buy 5 classes get 1 FREE: (\$20.83 each)
Buy 10 classes get 3 FREE: (\$19.23 each)

EVERY: Pole Classes

Single Class: \$35.00
Buy 5 classes get 1 FREE: (\$29.16 each)
Buy 10 classes get 3 FREE: (\$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
\$250.00 (for first 10 participants)

BELLYDANCE / FLEXIBILITY

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

Includes decorations, snacks, and drinks.

1 Hour "Quickie": \$280
(10 people or less only)
1½ hours: \$320
(up to 8 people, \$40 each additional person)
2 hours: \$400
(up to 8 people, \$50 each additional person)
2½ hours: \$480
(up to 8 people, \$60 each additional person)

SPECIAL DEALS

UNLIMITED CLASS PACKAGE *

Take every class on the schedule!

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

\$8.33 per day*

(* \$250 per month, 3-Month commitment, paid monthly)

BEST DEAL!

1 FULL WEEK

UNLIMITED CLASS PACKAGE *

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

VERY POPULAR!

Take all classes as many times as you want!
Best value if you plan to take 3 or more classes in a week.

\$9.99 per day*

(* \$69.96 for 7 days in a row, paid weekly)

THE TEASER PACKAGE

Great way to find out what classes you like!

- 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

Mix and match your classes!

- 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!



SCHEDULE

www.workitfit.com

19 North Main Street
Norwalk, CT
203-803-9398
info@workitfit.com

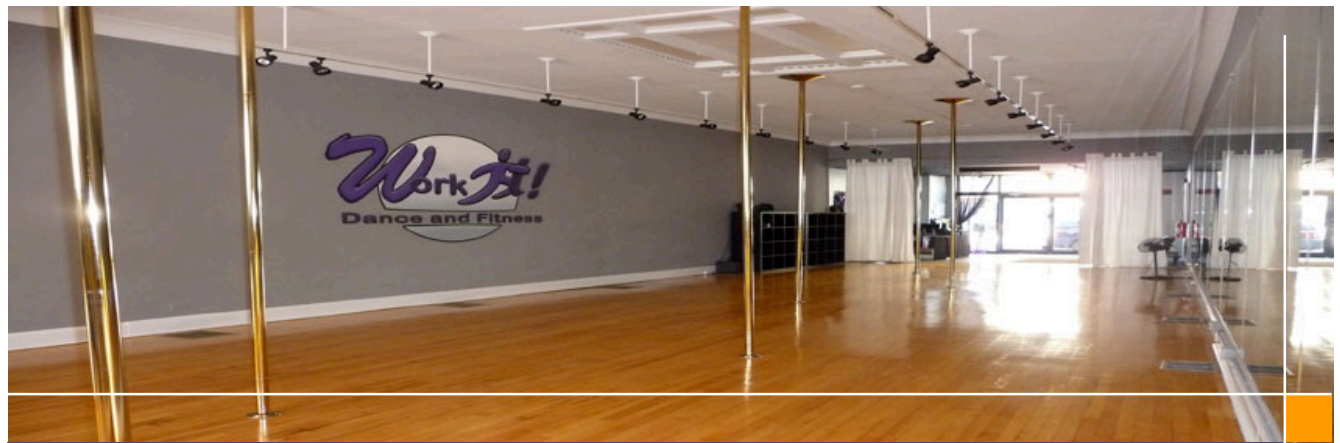
Work It!

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 workout which makes everything
interesting and fun!"**

Adrianna R. from Stamford, CT

**NO EXPERIENCE NEEDED FOR OUR CLASSES
UNLESS INDICATED with an "Exp Req"**

**REGISTRATION CLOSES ONE HOUR PRIOR TO THE
CLASS START TIME.**

Monday

- 6:30pm **TONE & TIGHTEN** -Barre/Pilates workout
(Low Impact, Burn Calories, Tone Muscles)
- 7:45pm **POLE FITNESS** (90 min)
(Pole Conditioning for all levels.
Experience is helpful, not necessary.)

Friday

- 6:45pm **INTRO TO POLE DANCING TRICKS**
- 8:00pm **SENSUAL MOVEMENTS**
(Our SEXIEST pole class! Heels allowed.)

Tuesday

- 9:30am **INTRO TO POLE DANCING TRICKS**
- 10:45am **POLE LEVEL 1 / DIVA POLE** (Take Intro 1st)
- 7:00pm **BURLESQUE** (Sexy Cabaret Jazz Dancing)
- 8:15pm **BELLYDANCING** (Open to all levels)

Saturday

- 8:45am **TONE & TIGHTEN**- Barre/Pilates type class
- 10:00am **BELLYDANCING**- Technique (Open level)
- 11:30am **INTERMEDIATE POLE TRICKS** (Exp Req)
- 12:45pm **POLE PRACTICE** (90 min) (Exp Req)
(Not instructor led, must have experience)
- 5:00pm **SENSUAL MOVEMENTS**
(Our SEXIEST pole class! Heels allowed.)
- 6:15pm **INTRO TO POLE DANCING TRICKS**

Wednesday

- 5:15pm **POLE DANCING** (Exp Req)
- 6:30pm **TONE & TIGHTEN** - Barre/Pilates type class
- 7:45pm **FLEXIBILITY** (Stretching / Injury Prevention)

Sunday

- 11:45am **INTRO TO POLE DANCING TRICKS**

Thursday

- 9:30am **INTRO TO POLE DANCING TRICKS**
- 10:45am **POLE LEVEL 1 / DIVA POLE** (Take Intro 1st)
- 7:00pm **FUSION DANCE FITNESS** (Cardio Dance)
(Hip-hop, contemporary, lyrical, jazz, & other
styles.)
- 8:15pm **POLE FLOW CHOREOGRAPHY** (Exp Req)
(Put your pole tricks together to create a routine!)

**CLASS SCHEDULE IS SUBJECT TO CHANGE.
FOR MOST UPDATED SCHEDULE VISIT
WWW.WORKITFIT.COM**

