

# Dance for 2

## Group Classes

All group classes are four weeks long and 55 minutes in length unless otherwise shown.  
Please arrive 15 minutes prior to the start of class to allow enough time for registration.

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Mon: Dance Fitness      \$40.00 per 4 week class, per person.      4/7/08 - 4/28/08

6:30 pm - 7:25 pm      Stretching & Strengthening for Dancers (All Levels)  
7:30 pm - 8:25 pm      Cardio Dancing (All Levels)

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Tue: Club Dances      \$40.00 per 4 week class, per person.      4/8/08 - 4/29/08

6:30 pm - 7:25 pm      Club Basics & More (Intro; Night Club 2-Step, Swing, W. Coast Swing, & Hustle)  
7:30 pm - 8:25 pm      Night Club Slow (Knowledge of basics Required)  
8:30 pm - 9:25 pm      Night Club Slow Tricks (Advanced knowledge of basics Required)

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Wed: Argentine Tango      \$40.00 per 4 week class, per person.      4/9/08 - 4/30/08

6:30 pm - 7:25 pm      Intro. To Argentine Tango (Basics for the novice in Argentine Tango)  
7:30 pm - 8:25 pm      Argentine Tango Advanced Basics (Basics and more to Argentine Tango)  
8:30 pm - 9:25 pm      Argentine Tango Intermediate & Above (Knowledge of basics Required)

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Thur: Ballroom Dances      \$40.00 per 4 week class, per person.      4/10/08 - 5/1/08

6:30 pm - 7:25 pm      Ballroom Basics & More (Intro; Waltz, Rumba, Foxtrot, Cha Cha, & Tango)  
7:30 pm - 8:25 pm      Rumba (Knowledge of basics Required)  
8:30 pm - 9:25 pm      Body Movement Styling and Technique Class (All levels)

Learn how to move through the rib cage, improve arm styling, and how-to better your dance frame.

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Fri: Salsa      \$40.00 per 4 week class, per person.      4/11/08 - 5/2/08

6:30 pm - 7:25 pm      Salsa Basics & More (Basics for the novice in Salsa)  
7:30 pm - 8:25 pm      Sizzling Solo Salsa Moves (Knowledge of basics Required)

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Sat: Ballroom, Latin, & Swing Mix,      Open to the Public.

4/5/08 - 4/19/08      Dance Mix Party (Free Foxtrot Lesson @ 7:45)  
7:30 pm - 10:00 pm

\$7.00 per person. Free for Club 42 Members.

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Sat & Sun: Argentine Tango Milonga's,      Open to the Public.

Sun.	4/13/08	8:30 pm - 12:00 am	\$5.00
Sun.	4/20/08	7:00 pm - 10:00 pm	\$7.00
Sat.	4/26/08	9:00 pm - 2:00 am	\$13.00

- Prepay & Register for a class BEFORE the start date and the cost is only \$35.00 per 55 minute 4 week class.

\* Individual 55 minute classes are \$12.00 each.

Contact us at (858) 565-9575 or email: [learn2dance@dancefor2.com](mailto:learn2dance@dancefor2.com).  
[www.dancefor2.com](http://www.dancefor2.com)

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