

Albert Park (SLC)

Add a \$5 membership fee for the Community Association if you do not already have one.

**Mail to Anja Dance, 1580 Garnet Street,
Regina, SK, S4T 2Y7**

Make cheques out to "A.P.C.A."

**Classes at South Leisure Centre,
170 Sunset Dr**

Zumba

Wednesdays 5:30 - 6:30 pm

Session 1: Jan 15 - March 26 **\$72.00**

No class Jan. 22 or Feb. 26.

Session 2: April 9 - June 25 **\$96.00**

Ditch the workout and join the party! This fun fitness/dance class feature exotic rhythms set to Latin and international beats. Adaptable to a variety of fitness levels, no experience necessary.

Zumba Gold

Mondays 5:30 - 6:30 pm

Session 1: Jan 13 - March 24 **\$72.00**

No class Feb 10 or 17

Session 2: April 7 - June 23 **\$80.00**

No class April 21 or May 19

Ditch the workout and join the party! This fun fitness/dance class feature exotic rhythms set to Latin and international beats. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Anja Dance

**Mail to Anja Dance, 1580 Garnet St.,
Regina, SK S4T 2Y7**

(306) 565-3762 anjastance@gmail.com

Make cheques out to Anja Dance

**Classes at South Leisure Centre,
170 Sunset Dr**

Take both classes and save \$20!

Burlesque - Continuing

Wednesdays 6:30 - 7:30 pm

Session 1: Jan 15 - March 26

No class on Jan. 22 or Feb. 26.

\$90.00 or both classes for \$160.00

Session 2: April 9 - June 18

\$120.00 or both classes for 220.00

This is an intermediate to advanced level class with the expectation of performance in student and professional settings. Students must be prepared to attend the majority of classes, put in extra time for rehearsals and purchase or make costumes.

Small Group Choreography

Wednesdays 7:30 - 8:30 pm

Session 1: Jan 15 - March 26

No class on Jan. 22 or Feb. 26.

\$90.00 or both classes for \$160.00

Session 2: April 9 - June 18

\$120.00 or both classes for 220.00

This class is for experienced dancers who want to work intensively on a professional-level burlesque piece for performance. Practice outside classroom hours will be necessary.

Lifelong Learning Centre

University of Regina Lifelong Learning Centre
Gallery Bldg, College Ave at Cornwall St.

Register through the Life Long Learning Centre . SUG memberships are \$30 a year and can be purchased with your registration.

Bellydance (Multi Level)

Tuesdays 12:00 - 1:00 pm

Jan 21 - March 18

\$60.00 SUG members, **\$80.00** other adults

This class teaches all the basic moves and combos for this beautiful dance form, for the active older participant. A multi-level class suitable for beginners and continuing students.

Zumba Gold

Wednesdays 2:30 - 3:30 pm

Wednesdays 3:45 - 4:45 pm

Jan 22 - March 19

\$60.00 SUG members, **\$80.00** other adults

Ditch the workout and join the party! This fun fitness/dance class feature exotic rhythms set to Latin and international beats. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Registration Form Winter / Spring 2014

For Albert Park / Anja Dance Classes

Mail to:

**Anja Dance
1580 Garnet Street
Regina, SK
S4T 2Y7**

Please make sure you make payment to the correct person or agency. Check to see which heading your class falls under. Make out separate cheques and registration forms if you are registering for more than one class in different sections. Register for City of Regina and Lifelong Learning Centre classes by contacting them directly.

NAME _____

ADDRESS _____

CITY _____ PROV _____

P-CODE _____ PHONE _____

EMAIL _____

Which class _____

Amount _____ Date _____

Payment Type _____

City of Regina - NWLC
Register by calling 777-PLAY (7529)
or online at www.regina.ca
Classes at North West Leisure Centre,
1127 Arnason Street

Bellydance - Intro

Saturdays 10:15 – 11:15 am
Session 1: Jan 11 - March 15 **\$68.25**
Session 2: March 22 - May 31 **\$61.43**

This class for beginners teaches the basic moves and combinations for this beautiful and sensuous dance form. No experience necessary!

Belly Dance - Continuing

Saturdays 11:30 am – 12:30 pm
Session 1: Jan 11 - March 15 **\$68.25**
Session 2: March 22 - May 31 **\$61.43**

This class is for continuing students who are ready to move on from the intro class. We will focus on more complex isolations, combinations and choreography. Students wishing to perform must attend the majority of classes and make or purchase a costume.

Baby & Me Bootcamp

Thursdays 10:30 - 11:30 am
Session 1: Jan 9 - March 13
Session 2: March 20 - May 29
\$57.75

Bring your baby and enjoy a full body workout! A variety of workouts incorporating cardio, balance, core, agility, strength and endurance exercises all set to a variety of high-energy music. Adaptable to all fitness levels.

Zumba Gold

Thursdays 11:45 am - 12:45 pm
Session 1: Jan 9 - Mar 13
Session 2: Mar 20 - May 29
\$57.75

Ditch the workout and join the party! This fun fitness/dance class feature exotic rhythms set to Latin and international beats. Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

City of Regina - Fieldhouse

Register by calling 777-PLAY (7529)
or online at www.regina.ca
Classes at the City of Regina Fieldhouse,
1717 Elphinstone Street

Zumba

Fridays 5:45 - 6:45 pm
Session 1: Jan 10 - Feb 21 **\$40.95**
Session 2: Feb 28 - Apr 4 **\$34.13**
Session 3: Apr 25 - May 30 **\$40.95**

Ditch the workout and join the party! This fun fitness/dance class feature exotic rhythms set to Latin and international beats. Adaptable to a variety of fitness levels, no experience necessary.

Burlesque

Fridays 7:00 - 8:00 pm
Session 1: Jan 10 - Feb 21 **\$40.95**
Session 2: Feb 28 - Apr 4 **\$34.13**
Session 3: Apr 25 - May 30 **\$40.95**

This class for beginners and up teaches the moves and combos for this dance form inspired by '50's pin-up culture and cabaret shows. No experience necessary, just a desire to have fun! For women only, taught in a closed room.

City of Regina - Sandra Schmirler

Register by calling 777-PLAY (7529)
or online at www.regina.ca
Classes at the Sandra Schmirler Leisure
Centre, 3130 East Woodhams Drive

Zumba Gold

Tuesdays 10:15 - 11:15 am
Session 1: Jan 7 - Mar 11 **\$68.25**
Session 2: Mar 18 - May 27 **\$68.25**
Thursdays 1:30 - 2:30 pm
Session 1: Jan 9 - Mar 13 **\$68.25**
Session 2: Mar 20 - May 29 **\$68.25**

Zumba Gold modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle.

Anja Dance



Winter / Spring 2014

Classes in Burlesque, Bellydance,
Zumba and Fitness
Private and small groups classes also
available

Anna Scott (Anja)
306-565-3762

anjadance@gmail.com

www.anjadance.com