

Monthly AUGUST Studio Schedule

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
9 Anniversary Social	10 Studio Closed	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28 Samba de Gafieira Social	29 Forro Social
30	31					

Adult & Youth Benefits of Ballroom Dancing

Physical Benefits -Improves fitness, coordination, posture, balance, flexibility, and overall health while making exercise fun.

Social Benefits - Builds confidence, teamwork, communication, friendships, and positive social interaction.

Mental Benefits -Enhances focus, memory, discipline, coordination, and creativity through learning movement and rhythm.

Emotional Benefits - Encourages self-expression, reduces stress, and boosts confidence and happiness.

Cultural Benefits - Introduces diverse music, traditions, and dance styles from around the world

Ballroom dancing is a fun and healthy activity that helps adults and youth grow physically, socially, and emotionally while building lifelong skills and friendships. **Have questions or want to join? Text us today at 617-938-7871 / 978-245-6878 for more information!**

Weekly AUGUST Class Schedule

Scan the QR code for more information



Adult Mondays Night Club Dance Course	Youth Mondays Ballroom and Latin Course
7:30 PM WEST COAST SWING	5:30 PM - 6:30 PM (Age 7-11)
8:15 PM ARGENTINE TANGO	Youth Tuesdays Ballroom and Latin Course
Adult Tuesdays Brazilian Dance Course	5:30 PM - 6:30 PM (Age 12-16)
7:30 PM FORRO	Youth Wednesdays Ballroom and Latin Course
8:15 PM SAMBA de GAFIEIRA	5:30 PM - 6:30 PM (Age 7-11)
Adult Wednesdays Ballroom/Latin Dance Course	Youth Thursdays Ballroom and Latin Course
7:30 PM American FOXTROT	5:30 PM - 6:30 PM (Age 12-16)
8:15 M American SWING	AUGUST Special Events
Adult Thursdays Social Latin Dance Course	Sunday, August 9th : Anniversary Social Dance
7:30 PM BACHATA	
8:15 PM SALSA	Friday, August 28th : Brazilian Social: Samba de Gafieira
	Saturday, August 29th : Brazilian Social: Forro
Adult & Youth Pricing	
Adult Program	Youth Program
\$50.00 — 4-week dance series (per dance style) Payment must be made before the series begins. The 4-week series fee will be prorated if any classes are canceled or not offered.	\$90.00 - 4-week dance series (per dance class) Payment must be made before the series begins. The 4-week series fee will be prorated if any classes are canceled or not offered.
\$16.00 — Single Class	Payment methods: Venmo - <u>Saori-Kamiya-1</u> Zelle/Apple Pay - 617-938-7871

