

# NEW ADULT DANCE & FITNESS CLASSES!



Are you ready to move & groove?

We have two Adult Dance & Fitness classes beginning next week on March 10th!

**What:** 8-week session beginning on Wednesdays: March 10 - May 5 (No class on March 31 for Spring Break). **Space is limited! Masks and social distancing rules apply. [STUDIO COVID POLICIES](#)**

**Location:** Southfield - 30860 Southfield Rd. (corner of 13 Mile and Southfield Rd - entrance is across from the CVS Pharmacy Drive Thru).

**Each Class Costs:** \$150 for the 8-weeks or \$20 drop-in (drop-in must notify studio before arriving due to limited space).

- **Adult Tap (Beginner): Wednesdays, 5:30-6:15pm**

Get your feet tapping to the rhythm of the music with Miss Amanda. Wear comfortable clothes - workout attire or leggings and a t-shirt/tank are great options. We have Tap shoes for purchase at the Southfield location for \$35.

[Register Here for Adult Tap](#)

- **WERQ! Dance Fitness: Wednesdays, 6:15-7:00pm**

Join Erica for the wildly addictive cardio dance class, WERQ! WERQ (pronounced "work") is the fiercely fun dance fitness workout based on pop and hip hop music.

Wear workout clothes and gym shoes (change into gym shoes). Expect to SWEAT and burn around 500-900 calories each hour of WERQ! All dance and fitness abilities welcome.

[Register Here for WERQ](#)

For more information about WERQ please visit: [www.werqfitness.com](http://www.werqfitness.com)  
or on social media: [www.facebook.com/werqout](https://www.facebook.com/werqout)

***Please share this with anyone interested! Hope to see you in the Adult Dance Classes!***



Southfield • 30860 Southfield Rd. • 248-712-4443

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