

MIX www.LMGDANCEANDFITNESS.com, 619.889.0061

List of dance classes offered and descriptions

Observation from inside the studio is not permitted.

Studio doors open at listed class times. Please do not enter until your class begins.

Abs MIX- An hour dedicated to Lesa's favorite muscle group: The Abdominals! Can you handle it? An hour of abs, back, core? We dare you! **NEW CLASS!!!**

Adult Contemporary Jazz Dance-A blend of Jazz dance technique dating as far back as Bob Fosse to contemporary styles such as Mia Michaels. Be prepared for styles ranging from lyrical, contemporary, modern jazz fusion and jazz funk!

A.M. Yoga- Wake up to a gentle yoga class focused on Surya Namaskaras (Sun Salutations)/ rejuvenating asanas (poses).

Ambient Yoga-Relaxing ambience. Restorative asanas to end a busy day. Taught by 200hr RYT, Lesa G. Williams.

Boot Camp! -Cardio, plyometrics, strength and endurance training, includes some outside activity.

Burlesque 101-The basics of a historic style of dance, merging sultry moves, tease and sass. Bring extra button up top.

Funky Yoga-A class for those who want to try Yoga and need a faster energy pace. Great for beginners and seasoned Yoginis. Funky tunes. Taught by 200hr RYT, Lesa G. Williams.

G.L.A.M.-Glutes, legs, abs and more. Pretty much: be prepared for anything!

Stretch It-Work on flexibility with this hour-long stretch focus class. Muscles need flexibility to prevent injury just as much as they need to be worked for strength and endurance. How limber are you?

The Mix Technique- A 60-minute workout class blending elements of Ballet barre, floor barre, Pilates and Yoga. Created by professional dancer, certified personal trainer, certified Yoga instructor and author,

Lesla G. Williams, **The Mix Technique™** (trademark pending) is a class that combines the essential techniques of dance and fitness. Clients will notice improvements in core strength, flexibility and will gain the toned, lean muscles of dancers and Yoginis.

Yoga MIX-A blend of Hatha, Ashtanga, Vinyasa and Iyengar. Power! Taught by 200hr RYT, Lesa G. Williams.

Yoga Winedown- Ambient yoga, then wine...who could ask for anything more? (MUST be 21+ and take class to receive gift)

Classes requiring sneakers: Boot Camp!, G.L.A.M.

***Socks are worn in The MIX Technique;** Optional jazz shoes/socks/bare feet for Contemporary Jazz & Burlesque 101

Classes requiring yoga mats: AM Yoga, Ambient Yoga, Funky Yoga, Stretch It, The MIX Technique, Yoga MIX, Winedowns

***MIX has loaner mats; Please wipe down after use.**

Personal Training sessions:

One-hour personal training session (in-studio): \$65/hr. Please call 619.889.0061 to schedule. Pre-payment required.

MIX 2010 Holidays observed & closed dates:

Presidents Day, February 15
San Diego IndieFest, March 27
Memorial Day, May 31
Independence Day, July 4
Summer Closure, July 25th-31st
Labor Day, September 6
Boo Parade, October 23
Thanksgiving Weekend, November 25, 26, 27
Christmas, New Years Break: December 20-January 2, 2011