

# ADULT DANCE CLASSES

**Adult Tap 101** - Monday at 7PM

**Adult Tap** - Tuesday at 7PM

**Adult Jazz / Ballet** - Tuesday at 8PM

**Adult Hip Hop** - Thursday at 7PM

# HUSTLE CLASSES

**Move Somethin' Mondays** - Monday at 7PM

**Hustle for Health** - Wednesday at 10AM

**Hustle Party** - Wednesday at 7PM

**Advanced Hustle** - Wednesday at 8PM

# FITNESS CLASSES

**Seated Fitness** - Monday at 9AM

**MCDF Strong** - Monday at 6PM

**Seated Fitness** - Wednesday at 9AM

**MCDF HIIT** - Wednesday at 5PM

REGISTER FOR THE FULL SEASON OR PAY PER CLASS







# Unleash Your Inner Dancer & Enroll Today!

Join our adult dance and fitness classes this season!

Regardless of your skill level or interests, we are sure to have something that is perfect for you!



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