

# STEVENSON FARMS

Bed & Breakfast Spa Weddings Meetings Retreats Fitness Theatre Rentals

## 2012 winter program schedule

**Register early to avoid class cancellations!**



### COUNTRY LINE DANCING

**Instructor- George Leitch**

*Dust off that ol' cowboy hat & get ready to "boot, scoot and boogie" to hot new country!*

### **WEDNESDAY EVENINGS**

**7:00pm-8:00pm**

**\$60/person for a six week session**

**Starting February 1<sup>st</sup> 2012**

### **HATHA YOGA**

**Instructor- Tara Clayton**

Beginner to Advanced

*Learn, improve, or practice your technique.*

**Tuesdays**

**5:45-6:45pm**

**\$60/six weeks**

**Starting February 7<sup>th</sup> 2012**



### **NEW!** **MOVIE NIGHT**

**THURSDAYS**

Starting

February 2<sup>nd</sup> 2012

7:30 PM Show

**\$5/PERSON**

See reverse for more details.



### **DANCE, DANCE, PARTY, PARTY!**

*What makes DDPP so great? It's non-structured, so it doesn't feel like an exercise class. And the positive energy is addictive, making you want to come back every week for more! Three rules apply; No boys, No booze & No judgment. DDPP is a fun, free-style dance party for women of all ages, and fitness levels. Burn loads of calories as you dance for a full hour to top 40 hits from yesterday and today in a nightclub like atmosphere!*

**TUESDAYS- 7:00PM-8:00PM**

**\$5:00/Pay as you go**

### **CORE STRENGTH**

**Instructor- Ann Jackson**

*Improve posture, tone muscles and increase overall strength.*

### **THURSDAY EVENINGS**

**7:00PM-7:45PM**

**\$60/person for six weeks**

**Starting February 2<sup>nd</sup> 2012**

### **BELLY DANCE & BOLLYWOOD**

**Instructors- Kathy Kraft & Desiree Danbrook**

*Shape and tone muscles with sensual routines inspired by these exotic dance forms.*

### **MONDAY EVENINGS**

**Belly dance- 6:30PM-7:30PM**

**Bollywood dance- 7:30-8:30PM**

**Six weeks for \$60/person/per session**

**Starting February 5<sup>th</sup> 2012**

**New Kids cLASSES!** (ages 5-12) Feb. 4<sup>th</sup> - March 3<sup>rd</sup>

**Russian martial Arts- Self-Discipline** 8:15-9:00AM (4 weeks)

**Move 2 the Rhythm - Dance & Drum circle** 9:15-10:15AM (4 WKS)

**Kids YOGA- balance and flexibility** 10:30AM-11:15AM (4 WeEKS)

**SATurdayS \$8/CHILD/pER cLASS ☺**

Two classes for \$15 or all Three cLAsSeS for \$20!

No classes on the family day weekend.

5923 County Road 15 Alliston, ON. L9R 1V3

www.stevensonfarms.com

**705-434-0844**

'Like' us on facebook and you could WIN six weeks of free fitness or dance classes!(adult sessions only)