



Website Newsletter May 2009

New programs in classes

With the beginning of Term 2 has come the beginning of new programs in classes. Junior Class, Junior Bronze Star & Silver Star will now learn tap for the first half of their lesson whilst Bronze Stars learn drama. These programs widen the scope of our students & provide excellent training for a future in the performing arts industry. The second half of classes is still dedicated to dance technique, routines & normal class activity.

Cheerleading

Cheerleading class is back on this term! Running on Wednesday evenings from 6:30 – 7:30pm. Students have already produced some great results! From handstands and cheers to balances and dance routines this class is fantastic for fitness & fun. Come along & give it a go!

Adult hip hop class times have changed

Beginner classes are now on Monday evenings from 6-7pm. These classes are fun, energetic, easy to learn & are a fantastic way to get fit! Bring your friends in & give it a go!

Dynamic Studios now has Facebook

We will be posting updates on our page including new classes, timetable, performances, up & coming events & photos from previous events. Send us a friend request on [DynamicStudios Act!](#)

NEW Mums & Bubs class at Dynamic Studios

Classes are specially formulated to include a mix of easy to learn hip hop & pilates to work your entire body with a focus on regaining core strength after birth. Classes are fun, social & work together with your individual needs as well as those of the group.

Studio hire is available after class for mums group meetings/morning teas with a kitchen, bathroom, changing table, kids playroom, studios and foyer area perfect for a post-class social gathering.

Class time: Tuesday mornings, 10-11am

Class price: \$17 / hour class

Australias Biggest Morning Tea

Dynamic Studios is hosting Australias Biggest Morning Tea. Come along & wear pink on Thursday the 28th of May from 9:30 – 11:30 am to help raise funds for cancer! It will be held at the Studio, upper level 5/23 Essington St, Mitchell. Please call Nicole to book – 0411 721 489

TIMOMATIC is coming to Dynamic Studios

Call Dynamic Studios to register - 6262 3222 or email admin@dynamicstudios.com.au
Hurry, this is a once off opportunity!

Taste Test Sunday

Dynamic Studios is holding a Taste Test Sunday here at the Studio on Sunday the 31st of May. FREE classes will be running all day so this is a fantastic opportunity if you have been thinking about getting fit, trying something new or tasting a dance or fitness class. The day will run from 10 am – 5 pm. If you want to get active & energise your life, this is for you!

TIME	CLASS
10:00 – 11:00	Body Dynamics – An energetic, aerobic, dance based fitness class aimed at working the entire body, slimming & toning.
11:30 – 12:30	Hatha Yoga – The traditional style of Yoga fantastic for enhancing strength & flexibility. This type of yoga is particularly good to enhance dancer's bodies.
1:00 – 2:00	Hip Hop – The most popular style of dance from the U.S, Hip Hop is generally done to R&B music and is what you see in most music videos.
2:30 – 3:30	Latin – Covering Salsa & Bachata. Salsa refers to a fusion of informal dance styles. Bachata incorporates partner work and is, at the moment, the fastest growing Latin style in the world.
4:00 – 5:30	Hot Yoga – A brand new style of Yoga not found anywhere else in Canberra, hot yoga classes are held in a heated room allowing greater flexibility, minimising muscle strain & chance of injury, promoting greater cleansing of the body, fat burn, helping build stamina & endurance.

Please call Dynamic Studios for more information.

* Taste Test Sundays will be held on the last Sunday of every month

those who get in will be held every Monday & Wednesday from 6 - 7:30pm.

Pricing: \$17 per session / \$34 per week

Contact Nicole for more details & to register

0411 721 489

The 2009 London/Paris Tour is coming closer

Students & their families will be departing Australia on the 5th of July ready to rock London & Paris! In preparation for their Disney performance the dancers will be doing a pilot show at the Belconnen Fresh Food Markets on Saturday the 6th of June at 12:00pm. Come check them out & show your support!

“ Let It Rock! ”

Dynamic Studios presents “Let It Rock!” Saturday the 20th of June at 3:30pm. There will be a sneak peek of our special London/Paris tour. The show includes all dancers from school programs, open & regular classes to the performing arts troupes. Rehearsals will be held on the day from 8:30am – 12:00pm.

Friend For Free Week

Dynamic Studios is offering another Friend For Free Week due to popular demand! Bring along a friend to your class for free between 29th of June to 4th of July & show them what we're all about. Nb. This excludes Friday Group Class.

Dynamic Studios will be switching to email marketing very soon. This means that information will no longer be given to students on paper but will be sent to your nominated email address upon enrolment. Please ensure we have your correct address to ensure this process goes smoothly!
