

CBYE  
presents

# Salsa Work Out



**A unique way to connect with the dancer in you!**

**Bring a new change to Your Body, Your Soul, Your Health!  
Join the Salsa Craze!**

This program combines the moves of the most popular Latin Dances such as Salsa, Merengue and Cha-Cha into low impact stretching and work out routines. Work out your whole body in a fun and relaxed atmosphere. It is a fun and effective form of exercise.

Dance exercise can provide many health benefits such as:

- Weight loss
- Endurance
- Increased Stamina
- Positive Attitude

**Bring joy and laughter into your exercise routine!**

| Schedule  | Class Requirements   |
|---|--|
| <p><b><u>Adults</u></b><br/><b>Contact CBYE for class time</b></p> <p><b><u>Seniors</u></b><br/><b>Sat. 12:15 pm</b></p> <p>* Class times subject to change. Contact CBYE to confirm schedule</p> | <ul style="list-style-type: none"><li>▪ No partner or dance experience required</li><li>▪ Bring comfortable shoes and clothing</li></ul> |

## **SALSA!!!!!!**

**FOR REGISTRATION AND MORE INFORMATION CONTACT**  
[info@cbye.ca](mailto:info@cbye.ca) or 905-512-1453

## Cbye DANCE CLASS Fees & Class Packages 2009

The below fee breakdown applies to BalleToning, BalletExercises, and Salsa Workout classes.

|                 | <b>Package</b>         | <b>Fee</b>    | <b>Cbye Member Discount</b> |
|-----------------|------------------------|---------------|-----------------------------|
| <b>Students</b> | <b>Drop In Class *</b> | <b>\$ 10</b>  | <b>\$ 8</b>                 |
|                 | <b>6 Classes</b>       | <b>\$ 50</b>  | <b>\$ 40</b>                |
|                 | <b>10 Classes</b>      | <b>\$ 90</b>  | <b>\$ 72</b>                |
|                 | <b>15 Classes</b>      | <b>\$ 130</b> | <b>\$ 112</b>               |
|                 | <b>Private Lesson</b>  | <b>\$ 55</b>  | <b>\$ 40</b>                |
|                 |                        |               |                             |
| <b>Adults</b>   | <b>Drop In Class *</b> | <b>\$ 15</b>  | <b>\$ 10</b>                |
|                 | <b>6 Classes</b>       | <b>\$ 75</b>  | <b>\$ 60</b>                |
|                 | <b>10 Classes</b>      | <b>\$ 135</b> | <b>\$ 108</b>               |
|                 | <b>15 Classes</b>      | <b>\$ 195</b> | <b>\$ 166</b>               |
|                 |                        |               |                             |
| <b>Seniors</b>  | <b>Drop In Class *</b> | <b>\$ 5</b>   |                             |
|                 | <b>6 Classes</b>       | <b>\$ 25</b>  |                             |
|                 | <b>10 Classes</b>      | <b>\$ 45</b>  |                             |
|                 | <b>15 Classes</b>      | <b>\$ 70</b>  |                             |
|                 |                        |               |                             |

**\* Drop In Classes:** Please notify the Cbye office at least one day prior to attending a drop in class.

**To register please contact Cbye at:  
[info@cbye.ca](mailto:info@cbye.ca) or 905-512-1453**

### Methods of Payment Accepted:

- Cheque – Made payable to the Canadian Ballet Youth Ensemble
- Cash

\* All payments must be received prior to the start of the class.