

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> <b>Contact CBYE for class time</b></p> <p><b><u>Seniors</u></b> <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 BalletToning, 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.