



DANCENORTH

\\SWEATSHOPS INFORMATION AND
REGISTRATION FORM

\\SWEATSHOPS THINGS YOU NEED TO KNOW

The information below is provided to answer some of the questions you may have so that you can work your way to a fitter, leaner and groovier self.

Dancenorth will be offering seven different Sweatshops in 2009 across 4 x 10 week blocks (or 190 sessions in total).

\\What classes are being offered and when?

	Term 1	Term 2	Term 3	Term 4*
Contemporary (Sundays, 3-4pm)	1 Feb - 5 April	19 April - 21 June		
Hip Hop/Street (Thursdays, 6-7pm)	5 Feb - 9 April			1 Oct - 10 Dec
Pilates (Mondays, 6-7pm)	2 Feb - 6 Apr	20 April - 22 June	13 July - 14 Sept	28 Sept - 7 Dec
Circuits (Wednesdays, 6-7pm)	4 Feb - 8 April	22 April - 24 June	15 July - 16 Sept	20 Sept - 9 Dec
Jazz/Funk (Thursdays, 6-7pm)		23 April - 25 June	16 July - 17 Sept	
Samba (Fridays, 6-7pm)		24 April - 26 June	17 July - 18 Sept	2 Oct - 11 Dec
Latin Fitness (Sundays, 3-4pm)			12 July - 13 Sept	27 Sept - 6 Dec

*Please note classes will not be held between 18-24 Oct

\\Who will be instructing?

All Sweatshops instructors are endorsed by Dancenorth for the quality, invigorating and fun fitness environment they offer. Our instructors are all experienced within their field:

Contemporary Dance: Peta Bull & Joshua Thomson
Jazz/Funk: Sarah Stevens
Hip Hop/Street: TBA
Pilates: Rebecca Forde
Circuit Training: Naomi Griffiths
Samba & Latin Fitness: Jodie Connor

\\Class location

Classes will be held at Dancenorth, corner of Stanley & Walker Streets in Townsville's CBD.

\\What should I bring and wear?

You should bring a towel and a waterbottle and should wear comfortable clothing which doesn't restrict your movement and appropriate footwear with non-marking soles. If you participate in Pilates, you will also need to bring a mat.

\\Where can I park?

There is plenty of free on-street car parking surrounding Dancenorth's building.

\\I have never learnt dance before, is that OK?

Learning to dance should be joyous and exciting. Dancenorth's Sweatshops classes are designed for participants over 15 years and incorporate all levels of fitness and coordination in addition to dance experience. If you are still concerned, ask around your class, there are probably a fair few people who are in the same boat as you are!

\\How can I contact you?

Dancenorth's business hours are from 10am to 5pm Monday to Friday excluding public holidays. Phone: 47722549 or for more info about the company check out www.dancenorth.com.au.

\\Sweatshops on Facebook

Dancenorth have a Sweatshops Facebook group where you can meet other Sweatshoppers and more. Check it out via Dancenorth's Facebook fan site:
www.new.facebook.com/pages/Dancenorth/12291184658