

SEXIFY YOUR SOUL WITH AWARD-WINNING

BURLESQUERCISE

SUNDAY DECEMBER 11, 2016

Join Miss di and her gang for the sexiest day of the season in this burlesque Tease Tester Workshop series.

All dance levels welcome! Whether you are a newcomer or an experienced Vixen, workshops are designed to enhance your skills and boost your confidence! Lots of giggling guaranteed!

REGISTER ONLINE: burlesquercise.ca \$40 early bird or \$50 at the door.

	<i>Studio 1 Beginner Plus</i>	<i>Studio 2 Intermediate Plus</i>
1:15–2	Strut Easy and basic steps for every showgirl. <i>Miss Leslie</i>	Yoga For Showgirls Important skills for girls who love heels. <i>Guest Instructress April Sakaluk</i>
2–2:45	The Diva Discovery Explore your sensual side and feel delicious. <i>Miss Di</i>	Flash Dance Class Re-live the Flash Dance magic in this jazz class <i>Guest Instructress Nicole Riehl</i>
2:45–3:30	Chairtease 101 Learn a mini routine where you and your chair are very friendly friends! <i>Miss Leslie</i>	Intro to Tap — Bob Fosse Style! <i>Guest Instructress Nicole Riehl</i>
3:30–4	Diva Break & Showtime! Refresh and enjoy some of our student performances.	
4–5	LA BLAST Ballroom & Latin dance inspired fitness. A new class for 2017. Please wear workout/yoga/showgirl clothing, bring some runners and a pair of heels to play with! <i>Miss Kim</i>	

Please bring workout/yoga wear and a pair of comfortable heels or dance shoes.

Dance merchandise will be on sale and dance shoe fittings for orders. \$8 starter boas will be available for purchase at the door or bring your own!

Workshops held at: **Dancenergy – 1305 - 33 Street NE, Calgary**

Classes are 50 minutes long with a 10 minute break

