

Fitness schedule Kick It Out! Dance Studio



Day and Time	Instructor	Fitness Class
Monday 6:00 PM – 6:45 PM	Karen Barnett	Zumba Toning
Tuesday 5:30 AM - 6:15 AM	Carol Huhn	Piyo
Tuesday 9:15 AM - 10:00 AM	Haley Phillips	Turbo Kick
Tuesday 7:00 PM - 8:00 PM	Karen Barnett	Zumba
Wednesday 10:15 AM - 11:00 AM	Megan Hewitt	Piyo
Thursday 9:15 AM - 10:00 AM	Haley Phillips	Turbo Kick
Thursday 7:15 PM - 8:00 PM	Karen Barnett	Pound Fit
Saturday 9:15 AM - 10:15 AM	Kate McAlpine	Zumba
Saturday 10:30 AM - 11:15 AM	Karen Barnett	Pound Fit
Saturday 11:30 AM – 12:30 PM	Karen Barnett	Zumba



Zumba® – A basic Zumba® class is a combination of dance and fitness moves done to a background of exhilarating, international rhythms. The Zumba® formula is 70% Latin music and 30% of anything else. A typical Zumba® class will feature merengue, salsa, cha-cha, reggaeton, bachata, samba, soca, hip-hop, bellydance, bhangra, and African music and dance moves. The song selection and choreography is decided on by the individual instructor and so every Zumba® class may be different. The overall effect is that exercise feels more like a party than working out!



Zumba®Toning – This class combines the basic, cardio moves of a Zumba® class with body-sculpting exercises using toning sticks. The toning sticks are lightweight, maraca-like dumbbells sold by Zumba®.



POUND FIT is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, isometric movements, plyometrics and Isometric poses into a 45-minute series. Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music!



Turbo Kick® - the fat-blasting, ab-defining cardio workout that is sweeping the nations health clubs and allows you to burn up to 1,000 calories an hour! A mix of kickboxing and simple dance grooves set to heart pounding dance music that will have you looking forward to your next workout!



PiYo is a fun, challenging class fusing Pilates and Yoga. You will burn calories, tone muscles, work on balance and get a great stretch! The class is a little different each time, but always a great workout! Click on the link below to see a video giving a little taste of what you may get out of our PiYo classes.

Our NEW Fitness rates are as follows:

Drop in fee \$6.00 per class
5 class punch card \$25.00
10 class punch card \$45.00

Kick It Out Dance Studio
1760 E Grand River Avenue
East Lansing, MI 48823
(517)582-6784
Kickitout@att.net

**** Depending on class size, please make sure to e-mail ahead and reserve a spot in class ****

ALL CLASSES YOU MUST RSVP FOR CLASS ATTENDANCE, RSVP'S MUST BE IN 12 HOURS BEFORE CLASS BEGINS