



***Wm. Talley Rec. Center & Lincoln Elementary Rec. Center
Presents...***

BANG Power Dance™ - New

Age: 16! & up

Day/Dates: Tuesdays, 3/28 to 5/16

Tuesdays, 5/23 to 7/18 (no class July 4th)

Tuesdays, 7/25 to 9/12

Tuesdays, 9/19 to 11/7

Time: 7:00 - 8:00 pm

Location: Wm. Talley Rec Center

Registration: Wm. Talley Rec Center, call 301-600-1492, Monday thru Friday 8:30 – 6:30 pm

Instructor: Shannon Gyles

Fee: \$40 city / \$45 non city (8 weeks)

Walk-In Fee: \$6 city \$7 non city

(If you sign up for 8 week session, fee is less per class!)

BANG Power Dance™ - New

Age: 16! & up

Day/Dates: Thursdays, 3/30 to 5/18

Thursdays, 5/25 to 7/20 (no class July, 6th)

Thursdays, 7/27 to 9/14

Thursdays, 9/21 to 11/9

Time: 5:00 - 6:00 pm

Location: Lincoln Elementary

Registration: Wm. Talley Rec Center, call 301-600-1492, Monday thru Friday 8:30 – 6:30 pm

Instructor: Kathy Brooks

Fee: \$40 (8 weeks)

Walk-In Fee: \$6 city

(If you sign up for 8 week session, fee is less per class!)

Free Class: Thursday 3/23, 5:00 - 6:00 pm at Lincoln Elementary. Come in ready for a fun filled work-out and see what BANG Power Dance is all about!

BANG Power Dance™ is the newest, coolest, most body building dance fitness workout to hit the land in basically forever! BANG is a high-intensity workout with an urban flare. It's a music-driven workout that takes urban dance and incorporates intervals of higher intensity and weighted gloves that promises to take your dance fitness workout to a whole new level. The format is a fusion of hip hop, Latin, aerobics and boxing. There are three levels of intensity, so whether you're a fitness pro, or have never set foot in a gym, Bang promises to meet your workout needs. BANG...because it's more than just exercise!

