

## About Us

Welcome to enCORE fitness @ 24/7 Dance Studio, the premiere studio for Group Fitness in Frederick, MD.

At enCore fitness we are committed to creating an environment where getting fit, freedom of expression, & positive energy combine to motivate change in peoples' lives.

Why enCore? Because we believe in the power within and pair it with the power of a supportive network. We have a unique opportunity to bring our passion to life by partnering with you to create a system that works! Together we **can and will** reach your fitness goals.

We invite you to explore and experience your first enCore class for FREE! We are certain you will immediately feel the difference! All ages & fitness levels are welcome and encouraged to attend.  
Begin your journey today!

*It takes just one step to build an  
enCore moment!*

Warmly,

LeAnne McFadden  
Director, enCore fitness

**enCore fitness**  
Experience the Difference!  
482-A Prospect Blvd  
Weis Festival Shopping Center  
Frederick, MD  
301-514-4274  
301-846-4247

experience  
the  
difference!





# class descriptions

## Why Dance Fitness?

- People of all ages can participate
- Improves physical, mental & emotional health
- Strengthens your cardiovascular system
- Decreases your risk for heart disease
- Promotes weightloss, weight management
- Increases stamina & self-esteem
- Lowers bad cholesterol
- Provides socialization in a lively environment
- Reduces stress, enhances mood
- It is just plain FUN!

**ZUMBA** fuses hypnotic latin rhythms and easy to follow moves to create a dynamic workout system that will get your heart pumping & illuminate your spirit. Routines feature Cumbia, Salsa, Merengue, Mambo, Flamenco, Chachacha, Samba & more. Fast and slow rhythms tone and sculpt your body while burning fat. It's fun fitness! Join the party!

**J.A.M. (Just Add Music)!** This high energy class boasts a unique opportunity to master professionally choreographed dance moves to the songs you love. Pop, hip hop, gospel, tribal, latin, swing, country & anything with a beat that moves the soul! Increase cardiovascular capacity & burn those calories! It's music in motion and you have the freedom to express it!

**Pilates Matwork**, as created by Joseph H. Pilates, is designed to create a stronger, longer, leaner body capable of moving with ease & grace through all stages of life. The Pilates Principles; control, center, concentration, balance, flow, and breath will enhance flexibility, coordination, and posture as well as increase awareness of proper body alignment. Get ready to fire up your powerhouse!

**Core Fit Plus** is a core focus, non-impact class that will strengthen the abdominals and lower back. Based on the Pilates principles, the class is ideal for those wishing to slim down, tone & increase body awareness. Exercise balls, bands, and weights are used to assist you achieve greater muscular control, strength, and stability while learning to engage and move from your core.

## schedule

<b>ZUMBA/J.A.M.</b>	Tuesday, 9 a.m. Thursday, 7:30 p.m. Friday, 9 a.m. Saturday, 8 a.m.
<b>PILATES</b>	Tuesday, 10 a.m.
<b>CORE FIT PLUS</b>	Friday, 10 a.m.

Present this brochure for  
**ONE FREE CLASS**  
at enCore fitness!  
New Clients Only

## class fees

**10 class card : \$80**  
(good for 3 months from purchase)

**Fitness Friends Special**  
Join with a friend...both enjoy discount!  
10 class card: \$70

**Drop in Rate**  
\$10 per class