

Gravity Dance November 2025



DEAR GRAVITY DANCE FAMILIES,

As we step into November, we're feeling extra grateful for our incredible dancers, families, and staff who make Gravity Dance such a special place! The season is in full swing, and our dancers are working hard in class, building confidence, friendships, and skills that shine both on and off the dance floor. This month, we're looking forward to celebrating progress, sharing upcoming events, and spreading a little extra gratitude before the holiday season begins.

We enjoyed watching our Performance classes + Hip Hop classes put on a spooktacular Halloween show and now set our sites on an exciting winter recital coming up in January.

Brittney Reichert

info@GravityDanceStudio.com | 763-777-9257

HELP US STOCK THE SHELVES!

We're collecting non-perishable food items to support the STMA Food Pantry and help local families in need. From canned goods to boxed meals, every donation makes a difference! They shared that they are especially in need for household cleaning items such as dish soap, laundry detergent, disinfecting wipes, paper towels, and toilet paper.

Collecting items now through November 20th. Place your donation in the box by the front desk.

Let's come together and show our community what we can do!

SAVE THE DATE!
Snowflake
Spectacular
SUNDAY,
JANUARY 11TH
ROGERS HIGH SCHOOL

More details will be available
in the December newsletter.



WINTER WEATHER IS COMING!

As we head into the colder months, please take a moment to review our studio cancellation protocol:

In the event of an unscheduled class cancellation, families will be notified via:

- Email
- Text Message
- Social Media
- BAND App

If applicable, a make-up class will be scheduled as soon as possible. However, please note that not all classes will have a make-up, as we've built additional rehearsal time into our schedule.

Please note: We typically follow STMA school closures. If STMA schools are closed or dismissed early due to weather, the studio will usually close for that evening as well.

As always, we encourage you to use your best judgement when deciding if it's safe for your family to travel. Your safety comes first!

BOOSTER SPOTLIGHT

- Bring your family and friends to the Monticello Cub Foods on Sunday, November 16th. Gravity Dancers will be bagging groceries for tips! 100% of the tips go back to Gravity and Gravity dancers!
- Have you tried Double Good Popcorn? Our studio will be selling this gourmet popcorn with a wide variety of flavors, November 24th - 28th. It's baked fresh and delivered right to your door. Makes for a great holiday gift! If interested, inquire at the front desk.

LIGHTNING SESSIONS BEGIN NOVEMBER 7TH!

Class Dates: Nov. 7, 14, 21, Dec. 5, 12, Jan. 2, 9

WHIMSY WHIRL

Ages: 3 - 6 years

Class Time: Fridays 4:45-5:15pm

\$150 (includes tuition + costumes)

Intro to dance class - 7 week session. Learn basic ballet fundamentals + a cute dance to perform at our winter recital on January 11th!

MOTHER/DAUGHTER PARTNER DANCE

Ages: 5- 18 years

Class Time: Fridays 5:15-5:55pm

\$85 per couple

It's time to take center stage with your dancing sweetheart! Learn a fun partner routine and be the star of the show at our winter dance recital! This fun routine is sure to make lasting memories far beyond the dance floor.



GRAVITRONS

BOYS ONLY class • 6 - 13 years

Class Time: Fridays 6:00-6:30pm

\$115 (includes tuition + t-shirt)

Get ready to move, groove, and bring the energy! This all-boys hip hop class is designed for dancers who want to learn the foundations of hip hop while building confidence and style on the dance floor. Dancers will explore high-energy moves, musicality, and freestyle basics in a fun, supportive environment. Perfect for beginners and those with some dance experience, this class is all about developing skills, teamwork, and stage-ready confidence—while having a blast with friends. This class will perform at our winter recital on January 11th!



November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
02	03	04	05	06	07 Lightning Sessions begin Friday Pop Up Tech	08
09	10	11	12	13	14	15 Costume payment due
16	17	18	19	20	21 Friday Pop Up Tech	22
23	24	25	26	27 happy Thanksgiving No classes today!	28 No classes today!	29 No classes today!
30 Modified Solo/Duet/Trio schedule No regular classes						



Hip Health Clinic

with Jess Lokhorst



For dancers ages 9-18

Saturdays | 9-10am

November 8, 22,
December 6 & 20

**\$100 for 8
week
session**

In class we will:

- Identify areas of weakness, instability + tightness that are creating joint discomfort.
- Guide the dancers through isometric exercises to activate the joint stabilizers.
- Progress the exercises making sure we are using the right muscles.

Dancers will leave with:

- A handful of isometric exercises they can use as TOOLS they can do at any time to help activate their joint stabilizers which leads to less discomfort, even in acute situations. Pelvic stability is everything and can settle down flares after tough practices.
- Daily 5 minute homework in between classes to keep the joint stabilizers activated and gaining strength -- each in person session we will work through the next week's homework so they can know exactly what to do.
- Incentivized group chat with daily homework objectives



Prizes weekly for consistency : \$10 starbucks
Two Grand prize for consistency: \$25 Gravity
store & \$ 50 Lululemon card