



October INSPIRE Life

The news you need to know about all things INSPIRE



IMPORTANT CALENDAR DATES FOR OCTOBER

Make sure and marked the following dates on the calendar:

OCTOBER 6-10 – FALL BREAK
The Studio will be closed all week. No classes are offered.
(See below for Wellness Center hours)

OCTOBER 18 – BABYSITTING NIGHT
Tap Co. NYC Fundraiser (See Below)

OCTOBER 31 – HALLOWEEN
No Afternoon or Evening classes

OCTOBER 17 – Registration for most classes will close for the semester. If you are interested in trying a new class, sign-up now!

[SIGN-UP FOR CLASSES!](#)

BABYSITTING FUNDRAISER NIGHT - Halloween Edition

We had so much fun at our last Babysitting night that we are doing it again!

This time will be a Halloween Party on October 18 from 6-9pm!

Drop off your children (ages 2-11) at the studio while you enjoy date night, run errands, or just relax in a quiet house.

Wear your costumes and enjoy:

- 🎬 a movie
- 🎲 games
- 🍿 and snacks!

See the flyer for pricing (discounted prices for multiple children) and sign up while space remains!

[WAIVER AND SIGN-UP HERE!](#)



presents

ELF Jr. The Musical

November 13-15, 2025
Combs Performing Arts Center

SHOWTIMES:
Thursday, 11/13 - 7:30pm
Friday, 11/14 - 7:30pm
Saturday, 11/15 - 3:00pm
Saturday, 11/15 - 7:30pm

[BUY TICKETS NOW!](#)

Elf Jr. Tickets are on Sale NOW!

“The best way to spread Christmas Cheer is singing loud for all to hear!” The second best way is to buy tickets to see our talented troupe of young performers in our production of Elf Jr., happening November 13-15 at Combs Performing Arts Center!

Tickets range from \$13-\$18 based on seat position. If you purchase 6 or more tickets in a transaction, you will get 25% off of your entire order!

CLASSES FOR TEENS

It's not too late to try something new!

We still have availability in the following classes:

- Mon 5:30 - Tap Tech (experience required)
- Mon 5:30 - Hip Hop
- Mon 7:30 - Contemporary
- Mon 8:30 - Ballroom
- Mon 8:30 - Group Voice
- Tues 8:30 - Jazz & Pom
- Wed 6:00 - Music Dance Theatre plus Ballet and Tumbling Classes!

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inspireent.com

WANT TO GET YOUR TEEN OFF OF SCREENS?

Why not sign them up for a new class? We have all levels of classes for teens, so even if they want to try something brand new, we have a class for them!

They can learn to sing, learn Ballroom Dancing like their favorite celebrities on Dancing With the Stars, learn Hip Hop, or most any kind of dancing, try Music Theatre or Tumbling.

But hurry! Enrollment for most classes will close on October 17 for this semester.

SIGN-UP FOR ONE OF THESE OPEN CLASSES!

MONDAY 5:30 – Teen Hip Hop

WEDNESDAY 4:00 – Beg Jazz (ages 7-8)

THURSDAY 3:30 – Contemporary Jazz (ages 9-12)

TUESDAY 4:30 – Hip Hop (ages 7-8)

WEDNESDAY 6:00 – Beg Tap (ages 9-12)

THURSDAY 7:30 – Tumble Level 3

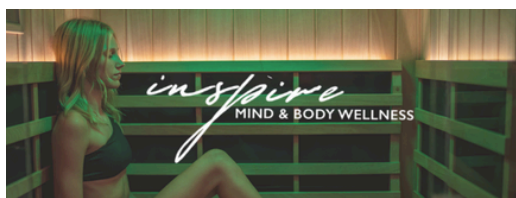
TUESDAY 8:30 – Flips & Tricks

WEDNESDAY 6:00 – MTM (ages 5-6)

THURSDAY 7:30 – Ballet L4 and L5

THURSDAY 9:00 – Pre-Pointe/Pointe

NEW PRICING AT INSPIRE MIND & BODY WELLNESS



Student Limitless Membership
\$75/mo

Individual Limitless Membership
\$99/mo

Family Limitless Membership
\$299/mo

Wellness is a *vibe.*

LEARN MORE ABOUT INSPIRE MBW

New memberships can be purchased on the website, inspirembw.com, while existing memberships will be brought down to our lower price this week! Let's enjoy the journey of healthy living—together!

INSPIRE Mind & Body Wellness
FALL BREAK HOURS:
(OCT 6-10)
MONDAY – Closed
TUESDAY – Open 8:30am – 12:00pm
Open 3:00pm – 7:00pm
WEDNESDAY – Open 8:30 – 12:00pm
Open 3:00pm – 7:00pm
THURSDAY – Open 8:30 – 12:00pm
Open 3:00pm – 7:00pm
FRIDAY – Open 8:30am – 12:00pm
Open 3:00pm – 6:30pm



OCTOBER IS BREAST CANCER MONTH

INSPIRE Mind & Body Wellness is elated to announce our motivational speaker: Marina Blackford on October 25th from 6:00-7:00 PM. She fought cancer twice, finished the Boston Marathon and has been inspiring resilience ever since! Register by emailing us at inspirembw@gmail.com with your name and group size and we'll save you a seat. We look forward to seeing you there!

