



September

INSPIRE Life

The news you need to know about all things INSPIRE

Adult Class Schedule

COMETRY A CLASS!
\$10 DROP IN OR ONLY \$35/MONTH

Monday 8:30-9:30pm
Adult Ballet - Taught by Shana Wakefield

Tuesday 8:30-9:30pm
Adult Ballroom - Taught by Sara Conklin

Wednesday 7:00-8:00pm
Adult Tap - Taught by Taani Farnsworth
*some experience necessary

Wednesday 8:00-9:00pm
Adult Sacred Stretch & Sound
Taught by Lyndsey Fairbanks

Thursday 8:30-9:30pm
Adult Fusion (hip hop, jazz, contemporary)
Taught by Shana Wakefield

Registration Fee Waived!





TRY ONE OF OUR ADULT CLASSES

Come try your first class for free!

\$10 Drop In or only \$35/month

We'd love to have you register for any or all of our adult classes. If you can't make it every week, save this schedule and come drop in to any class for just \$10.

There is something for everyone from Stretch to Tap, from Ballet to Ballroom! Come join us!

REGISTER FOR CLASSES

INSPIRE MIND & BODY WELLNESS - FREE OFFER!

Hello INSPIRE Friends & Families!
We have some exciting news just for you! From September 2nd to 13th, we are inviting all parents, students, friends and family of INSPIRE to try our wellness services for FREE!

- Why not take some time for yourself? You can enjoy any of our amazing services, including:
- Infrared Sauna
 - Red Light Bed
 - Normatec Compression (for legs, arms or hips)
 - BrainTap
 - Cold Plunge

No need to book—just drop in during our business hours, and our team will be happy to help you get started. We all deserve a little pampering and self-care! We can't wait to see you soon!

You can learn more about our plans and memberships at inspirembw.com.

Hours:

Monday-Thursday
8:30am-12:00pm
3:00pm-7:30pm

Friday
8:30am-12:00pm
3:00pm-6:00pm

Saturday
9:00am-2:00pm

Sincerely,
Shellie and Michael Sackett
INSPIRE Mind & Body Wellness Owners




LEARN MORE ABOUT INSPIRE MBW

2-3yr old Dance Class

TUESDAYS AT 3:30pm

♥ Ballet ♥ Tap ♥ Tumbling



Register Now

Is your child ready to start dance?
Are they potty-trained?
Can they follow simple directions?

If so, dance class might be the perfect place for them to learn

- coordination
- fine motor skills
- rhythm
- school readiness and more!



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www.inspireent.com

IS YOUR CHILD READY TO START DANCE?

Have you been wondering if it's time to sign up your 2-year-old for dance classes? Maybe you've thought it might be best to wait awhile?

They might be ready to start dance now! We have classes just for this age group taught by an experienced teacher with assistants so that your child gets the individualized attention they need! If your child is potty trained and can follow basic directions, our dance class may be the perfect place to help them learn developmentally appropriate skills, such as coordination, fine motor skills, rhythm, school readiness, creativity and more!

If you are unsure about your particular child, give us a call and we can help you determine if they are ready to begin their dance journey!

SIGN-UP FOR CLASSES!

20% OFF INSPIRE MERCH

Stock up on dancewear to make sure you are in dress code for class all year!

Also take advantage of this great deal on INSPIRE Ent merch, and show everyone that you are part of our INSPIRE family!

Come in during store hours or visit us online anytime!

INSPIRE dancewear BOUTIQUE

ALL I/E MERCHANDISE: GOOD VIBES ONLY. INSPIRE X SHIRTS, SWEATS & MORE...

20% OFF



MONDAY 6:30-9:00 pm TUESDAY 4:30-6:30 pm WEDNESDAY 4:30-7:00 pm THURSDAY 4:30-6:30 pm FRIDAY CLOSED

SHOP: inspire.dancewearboutique.com

CONNECT WITH US

@IEDANCEWEAR
INSPIREDANCEWEARAZ@GMAIL.COM

Dancewear

BACK TO DANCE? WE'VE GOT YOU COVERED!

INSPIRE DANCEWEAR BOUTIQUE HAS EVERYTHING YOUR DANCER NEEDS-SHOES, TIGHTS, LEOTARDS, AND MORE FOR EVERY CLASS AND LEVEL. PLUS, WE'LL PROFESSIONALLY SIZE THEM FOR THE PERFECT SHOE FIT RIGHT IN THE STORE! STOP BY AND GET CLASS-READY TODAY!

INSPIRE DANCEWEAR BOUTIQUE

WELCOME BACK SHELLIE SACKETT!

CHEER & STUNT WITH SHELLIE!

MONDAYS 6:30-7:30 AGES 6-9
7:30-8:30 AGES 10+

ADD ADVANCED TUMBLING WITH HEATHER

8:30-9:30 LEVEL 4 *BACKHANDSPRINGS AND BEYOND

CHEER STUNT TUMBLE DANCE



REGISTER FOR CLASSES

We are excited to have Shellie return as our Cheer instructor!

Sign-up to work with Shellie on Cheer and Stunt and add Advanced Tumbling with Heather Ferguson to get all of those upper-level skills!