

# Rink Side Off Ice Programs Spring 2010

## **Meet Our Staff:**

**Tesia Derra~**

Ballet, Floor Barre, Power Stretch, Hip Hop and Jazz

**Elizabeth Devereaux~**

General Dance

**Katrina Oeffling~**

Ballet, Theatre, Performance, Floor Barre

**Alissa Pludeman~**

Wellness, Ballet, Fitness, Pilates, Floor Barre

**Tatum Winter~**

Pilates

**Julie Zabukovec ~**

Yoga and Yogalates



**facebook**

Pilates	Mondays 6:30 – 7:00 am
Floor Barre	Mondays 4:05 – 4:45pm
Fantasy Ballet Low	Mondays 4:45 – 5:25pm
Ballet and Jazz	Monday 5:30 – 6:10 pm
Pilates	Thursdays 5:05 – 5:35 pm
Floor Barre/Power Stretch	Saturdays 8:05 – 8:45 am
Floor Barre/Power Stretch	Saturdays 8:45 – 9:25 am
Hip Hop Dance	Saturdays 9:30 – 10:10 am
Ballet and Jazz	Saturdays 10:15 – 10:45 am