

# ADRENALINE DANCE FORCE



**HIP HOP CLASS  
Winter 2019**

**Sponsored by Mosby Woods PTA**

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**Adrenaline Dance Force** is a professional dance company with over **18** years of after school enrichment experience in Northern VA! We bring current trends and styles to your school while using age appropriate music and choreography. Our instructors are experienced coaches, choreographers and world-renowned performers. Join us for the most **FUN** you'll have all year while building **confidence** and a **positive self-image** all while learning some **AMAZING** hip hop moves! You don't miss out on the opportunity to be trained by ADF!

**Dates: TUESDAYS 3:35-4:35PM -(3/5-4/30 no class 4/16)**

**8 Classes – Girls AND Boys welcome!**

**Cost: \$105 – register via Mosby Woods PTA!**

- All classes will be located in Gym!
- Comfortable clothing appropriate for dance is recommended.
- Sneakers for Hip Hop **MUST** be worn, no socks, sandals, or open toe shoes.
- All students receive our annual Adrenaline t-shirt with registration.

**We encourage early registration as class size is LIMITED!**

For more information on classes, camps, or teams contact:  
AdrenalineDanceForce@gmail.com

[www.AdrenalineStudioNova.com/danceforce](http://www.AdrenalineStudioNova.com/danceforce)