



WHERE ASPIRING YOUNG DANCERS DEVELOP

Adult Schedule Fall 2025 (Pilates Studio)

MONDAY

11:00am-12:00pm SILVER SWANS BALLET (60 yrs+)

JOIN US TODAY!....No experience necessary!

*CSDS reserves the right to
combine/cancel any class due to enrollment.*

*For all questions and inquiries please email us at:
centrestagedance86@gmail.com*

TUESDAY

6:30-7:30pm ADULT BALLET (18+)

7:30-8:30pm POSTURE PLUS PILATES

8:00-9:00pm ADV. ADULT TAP (3+ yrs experience)
*Main Studio

**Gift Certificates available!*

WEDNESDAY

6:30-7:30pm ADULT DON'T STOP DANCING!

7:30-8:30pm YOGA FLOW

Private . Semi-private Classes ...Available upon request!

THURSDAY

9:15-10:15am INTERMEDIATE FLOW PILATES

7:45-8:45pm OPEN ADULT TAP(0-2 yrs experience)
*Main Studio

SATURDAY

9:00-10:00am WEEKEND FLOW PILATES

Pilates & Yoga Classes Walk-in rate: \$30.00/hr (tax incl)

Regular Adult Classes Walk-in rate: \$25.00/hr (tax incl)

CENTRE STAGE DANCE STUDIO
MAIN STUDIO: 73 Hincks Street, Unit 3 (enter off of James St.)

PILATES STUDIO: 175 Waterloo Street
(Wilmot Family Resource Centre entrance)

New Hamburg, ON N3A 2A2 519-662-3444

Please visit www.centrestagedance.ca for more information

Schedule May 24, 2025