



CLASS SCHEDULE

611 Wilson St. Brewer, ME 04412 Ph. 207-989-9730 Fax. 207-989-9739

Monday

Aerobics w/Val Kitchen	8:00-9:00am
Beginners Pilates w/Ann Ross	9:00-10:00am
Line Dancing w/Larry Dutch	9:00-11:00am
Pre-School Feet to the Beat w/Ann Ross	11:00-11:45am
Beginners Pilates w/Val Kitchen	5:30-6:30pm
Aerobics w/Rick & Claudia	5:30-6:30pm
Yoga w/Bunny Barclay	6:45-7:45pm

Tuesday

Aerobics w/Val Kitchen	6:00-7:00am
Intermediate Pilates w/Val Kitchen	8:30-9:30am
Line Dancing w/Chris Dispenzieri	9:30-11:30am
Yoga w/Bunny Barclay	12:00-1:00pm
Bossov Ballet: Beginners	3:30-4:00pm
Bossov Ballet: Intermediate	4:00-5:30pm
Bossov Ballet: Advanced	5:30-7:00pm
Beg/Intermediate Pilates w/Val Kitchen	3:30-4:30pm
Beginner Pilates w/Val Kitchen	4:30-5:30pm
Beginner Pilates w/Ann Ross	5:30-6:30pm
Ballroom/Salsa Dancing w/Karen McCall	7:00-9:00pm

Wednesday

Intermediate Pilates w/Val Kitchen	6:00-7:00am
Beginner Pilates w/Ann Ross	8:00-9:00 am
Aerobics w/Val Kitchen	9:00-10:00am
Beginners Pilates w/Val Kitchen	12:00-1:00pm
Beginners Karate w/Bruce Barker	5:00-6:00pm
Advance Karate w/Bruce Barker	6:00-7:45pm

Thursday

Aerobics w/Val Kitchen	6:00-7:00am
Intermediate Pilates w/Val Kitchen	8:30-9:30am
Adult Beginner Ballet w/Caroline Trostel	9:45-10:45am
Preschool Ballet w/Caroline Trostel	11:00-11:45pm
Aerobics w/Rick & Claudia	5:30-6:30pm
Beginner Pilates w/Ann Ross	5:30-6:30 pm
Jazz Class w/Ann Ross	6:30-7:45 pm
Fencing w/Mickey Creeley	6:30-9:00 pm

Friday

Multi-Levels Pilates w/Val Kitchen	8:00-9:00am
Ballroom Dancing w/Rex	7:00-10:30pm

Saturdays

Yoga w/Heather Wilkinson	9:00-10:30 am
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Sundays

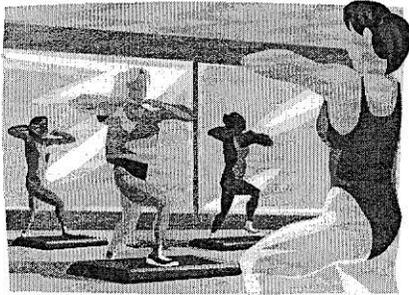
Tango Lessons/Dance w/Virginia Whitaker	3:00-6:00pm
West Coast Swing Lessons w/Linda & Jim Miller	6:00-9:00pm

Daily

Personal Training by Appointment	Mon - Sun.
Massage by Appointment	Mon. - Sun.
One on One Pilates by Appointment	Mon.- Fri.

Classes are subject to changes. Please call or sign up at our location for more information.

AEROBICS B.A.R. CLASS



with Val Kitchen

Ballet stretches ~10min
Aerobics ~20min
Resistance training ~30min

Mon 8:00am~9:00am

Tues / Thur 6:00am~7:00am

Wed 9:00am~10:00am

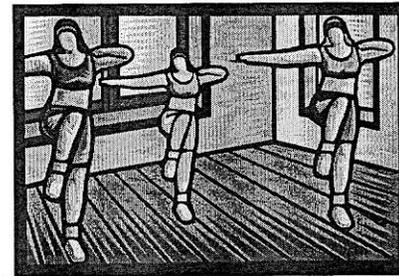
\$5/class



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Hi-Lo Impact Aerobics

Team taught by:
Rick Canarr & Claudia Ricker



-Floor Aerobics
-Stretching
-Cardiovascular Exercise
-Resistance Training
-Toning

MONDAY & THURSDAY

5:30-6:30pm

\$5/class or \$25/term

(TERM IS 8 WEEKS - WHAT A BARGAIN!)



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Argentine Tango

The Dance:

Call it performance art. Each tango is a unique creation of those who dance it. No sequence of steps is ever the same. The leader takes the follower

quietly in his arms, pausing for a moment so that their bodies become aware of each other, and their breathing begins to synchronize. Signalling his intention with a slight bend of the knees, he steps -- forward, to the side, or to the back. The follower responds, matching his steps and adding small adornments of her own. She has no idea of what is coming next.

Unlike ballroom tango, which is based on upright postures and multi-step figures displayed out toward an audience, Argentine Tango calls for the partners to focus inward toward each other, almost leaning together, lost in the music. From a relatively small vocabulary of moves the leader weaves an impression of complexity, improvising to the song being played. In his pauses, the follower embroiders on the music with tiny toe taps, kicks and leg movements. The woman's footwork is always right-left, right-left. The man dances not only in the corresponding left-right, left-right parallel position, but also in "crossed feet" matching his right foot with the woman's right foot to create a three-legged silhouette. No matter what their feet are doing, both partners twist their upper bodies to remain facing each other.

Prior dancing skills are not at all required to learn the tango. Argentine Tango has a history of attracting interesting, intelligent men; it is both sensuous and intellectual. Women like the surprises within the dance, and the chance to express their own energy. It's also a great excuse to wear a slinky dress, and even high heels.

Argentine Tango is the original form of tango, born in the bars and streets of Buenos Aires in the late 1880s, refined in the salons of Paris in the jazz age of the 1920s, and returned to Buenos Aires at a higher social level for the Golden Age of the Tango in the 1940s and '50s. Ballroom Tango derives from these beginnings, but it is Argentine Tango, in its original form, that is now danced in all over the world.

The music of Argentine Tango is gloriously addicting. It varies from slow to fast, old-fashioned to modern. In addition to tango with its 2/4 time, there is also tango waltz and milonga, a cheerful polka-speed dance. Good CDs for beginners feature performances by DiSarli and Callo, for intermediates, Astor Piazzolla. You can also dance Argentine Tango to west coast swing and slow blues.

The Demonstration:

John Hackney and Virginia Whitaker, of Orono, Maine are part of **TangoMaine**, a loosely organized group of people of all ages who dance Argentine Tango in Bangor, Brewer, Blue Hill and Portland. We travel regularly to dance tango in Montreal, Quebec City and Boston. Beginners are cordially welcomed, and the group offers free coaching for the first hour of its regular Sunday afternoon dances. **A partner is not required.**

JUNE SCHEDULE

June 6 -- 5-8 p.m.	Brewer	Well Forms Studio, 611 Wilson St.
June 13 -- 5-8 p.m.	Blue Hill	The Bay School, Rt. 172
June 20 -- 5-8 p.m.	Brewer	Well Forms Studio, 611 Wilson St.
June 27 -- 5-8 p.m.	Blue Hill	The Bay School, Rt. 172

www.tangomaine.com

ginnywhitaker@hotmail.com

Preschool Ballet

With Caroline Trostel



THURSDAYS
Preschool Ballet 11:00 -11:45

BOSSOV BALLET



Register Now!

Will Be Back Aug. 24

Tuesdays

Beginners 3:30-4:00pm (\$30 mo./\$10 per class)
Intermediate 4:00-5:30pm (\$36 mo./\$12 per class)
Advanced 5:30-7:00pm (\$36 mo./\$12 per class)



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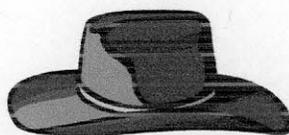
DINNER



DANCE

WELCOMES!

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"DUTCH" STYLE



**SATURDAY
Aug. 7th 2004**

**POTLUCK
DINNER**

**6:00-11:00 PM
DANCE, EAT, &
DANCE SOME
MORE!**

**ADMISSION
PRICES**

**\$10.00 PER
PERSON ALL
EVENING**

**\$6.00 OPEN
DANCING
ONLY
8:00-11:00 PM**

**HOSTED BY:
LARRY DUTCH
AND THE BOOGIE BUDDY'S**

SCHEDULE

**6:00-7:00 PM
BEGINNER LINE
& COUNTRY PARTNER CLASS**

**7:00-8:00 PM
INTRO SWING & COUPLES DANCE
8:00-11:00 PM OPEN DANCE**



Preschool Dance **"Feet to the Beat"**

With Ann Ross

Director of Dance at University of Maine, Orono



Rhythms, Drums, Counting & Positions

Creative Movement & Balance

Does your child start movin' when the music gets groovin'?

This is the class for you!

Mondays 11:00 – 11:45

Ages 4-6 years

Jazz Class



Instructor:

Dr. Ann Ross

Director of Dance at University of Maine, Orono

6:35-7:50PM

\$10.00 Per Class

\$32.00 Per Month (\$8.00 per class)



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SHOTOKAN KARATE

WITH BRUCE BARKER



WEDNESDAYS

5:00-6:00 PM BEGINNERS (AGES 10 +)

6:00-7:45 PM ADVANCED



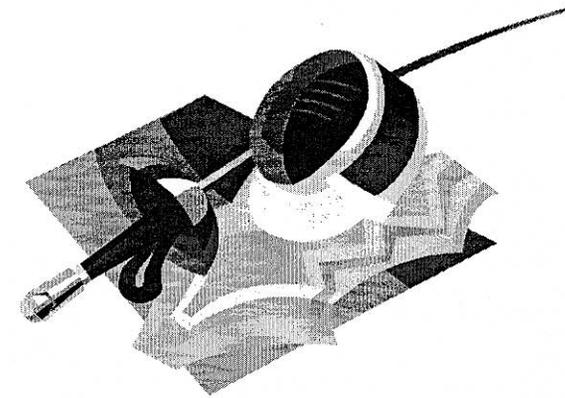
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Thursdays

6:30-7:30 Group Lessons

7:30-8:30 Individual Instruction and Open Bouting

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Fencing is an exciting Olympic sport evolved from European dueling traditions. Fencing develops swift reflexes, strong legs, and cardiovascular endurance, yet rewards mental agility as much as physical prowess. The United States Fencing Association organizes competitions at the local, regional, and national levels. Fencing is also a thriving NCAA sport with varsity programs at Yale, Stanford, MIT, Harvard, Columbia, and many other top schools. Begin fencing today and become a lifelong participant!

Instructor: Mickey Creeley is a B01 USFA ranked foilist and former captain of Vassar College's fencing team.



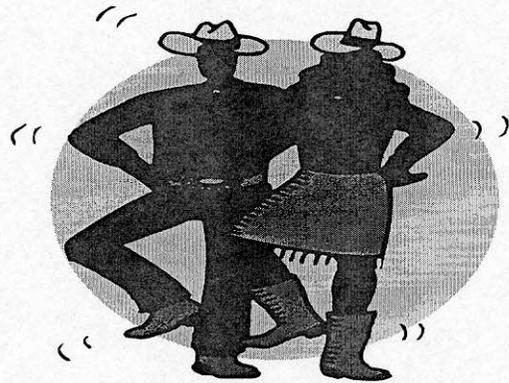
**Ages 12-18 Cost: \$8.00 per lesson
Ages 19 + Cost: \$10.00 per lesson
(2nd Family Member Cost: \$6.00)**



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DANCING "DUTCH" STYLE

*Instructor:
Larry Dutch*



Monday Mornings
9:00am to 10:30am
\$6.00 Per Person
Line & Partner Dancing



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L i n e

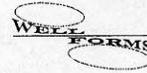
**Instructor:
Chris Dispenzieri**

\$5.00 per person

My line dance classes are called workshops. I am only the moderator. It is the students' classes. They request the dances they would be interested in learning. Many of us attend several other dance classes during the week and then we put our knowledge together and practice, practice, practice.



D a n c e



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MASSAGE THERAPIES



RELEASE THE TENSION

AVAILABLE SERVICES:

RAINDROP THERAPY = Swedish and other techniques combined with multiple essential oils. Great technique for detoxification, comfort and overall increased feelings of well being.

EMOTIONAL RELEASE TECHNIQUES = Using acupressure points, release of emotional tension can be achieved resulting in a decrease in severity of emotions felt.

SWEDISH MASSAGE = Muscle kneading and stretching.

TRIGGER POINT THERAPY = Identifying and compressing specific muscle congestion//tender points. Often used in addition to other techniques.

MYOFASCIAL RELEASE = Releases the tension and movement of muscle tissue.

ACTIVE ISOLATED STRETCHING = Here you are an active participant to repetitive stretch positions to point of stretch reflex.

CHAIR MASSAGE = Remain fully clothed, focus is on neck, shoulders, arms and hands. A great lunch hour pick me up! - \$20.00

Therapists:

Michael Saunders, LMT

Cheryl Dawes, LMT

Ruth White, LMT

Julie Jenkins, LMT

PRICE LIST

1/2 HOUR \$40.00

1 HOUR \$60.00

1 1/2 HOUR \$80.00

Aroma Therapy

The health benefits are amazing! The therapeutic effects of the heat and its chemical reactions of sweating, purging toxins, stimulating the immune system and relief of pain, stiffness and congestion will place you one step closer to improving your health.



\$10.00 per session (sessions may be up to 20 min)

Well Forms extends additional health services to the use of the arom. spa. How about an exfoliation first? Exfoliation will remove dry, dead skin which will allow for a deeper detoxification. How about following your steam with a 1 hour oil massage to further promote skin rejuvenation?

Need an energetic immune booster? How about having a raindrop essential oil massage and then allow the spa to help your body absorb the healing oils?

Dry brush exfoliation with aroma spa...\$25

Salt Glow with aroma spa...\$45

Dry brush exfoliation-aroma spa- 1 hr oil massage...\$50

Salt Glow-aroma spa- 1 hr oil massage...\$50

Raindrop Massage with aroma spa...\$70



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Pilates

WHAT IS PILATES?

- ❖ STOTT Pilates' exercises safely deliver optimal strength, flexibility and endurance, without adding bulk. It's stress-relieving method can be performed on a mat or using STOTT equipment. STOTT pilates incorporates modern exercise principles with contemporary thinking about spinal rehabilitation and performance enhancement. Pilates is considered a mind-body type method of movement, which emphasizes deep breathing and smooth, long movements. Pilates allows you to grow mentally and spiritually.

WHAT ARE THE BENEFITS?

- ❖ Longer, leaner muscles (less bulk, more freedom of movement)
- ❖ Improves postural problems
- ❖ Increases core strength/stability and peripheral mobility
- ❖ Helps prevent injury
- ❖ Balances strength & flexibility
- ❖ Heightens body awareness
- ❖ No-impact, easy on joints
- ❖ Enhances functional fitness, ease of movement
- ❖ Complements other methods of exercise
- ❖ Improves performance in sports (golf, skiing, skating, dance, etc.)
- ❖ Improves balance, coordination & circulation

WHAT ARE THE PRINCIPLES?

- ❖ Breathing
- ❖ Pelvic placement
- ❖ Rib-cage placement
- ❖ Scapular movement
- ❖ Head & cervical spine placement

WHAT RESULTS CAN I EXPECT TO SEE?

- ❖ Increase in flexibility, mobility, balance, and body awareness, as well as a decrease in back pain/other general pains

WHEN WILL I SEE RESULTS?

- ❖ The average, active person, doing at least 2 classes/wk should see some results within 10-12 classes

PERSONAL



TRAINING

PERSONAL TREATMENT, PRIVATE ROOMS, ONE ON ONE ATTENTION

Strength & Conditioning Available

No membership fees!

Work with your own private trainer on a cost per session basis call for details.



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YOGA



with

Kundalini Certified Instructor
Heather Wilkinson

Saturday Mornings

9:00-10:30 am

\$12.00 per class

- ❖ *Improves Strength, Flexibility, & Endurance*
- ❖ *Increases ability to Focus & Concentrate*
- ❖ *Facilitates relaxation & Well Being*



YOGA

with

Kripalu Certified Instructor
Bunny Barclay

- ❖ *Improves Strength, Flexibility, & Endurance*
- ❖ *Increases ability to Focus & Concentrate*
- ❖ *Facilitates relaxation & Well Being*

Monday Night 6:45-7:45 pm

Tuesday Noon 12:00-1:00pm

Cost: \$10.00 Per Class



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Brewer Physical Therapy And Spine Clinic

Anne Knowles Physical Therapist

Specializing in quality, personal attention for your physical impairments.

- Back pain
- Shoulder strain
- Knee pain
- Balance difficulties

Neck pain
Tennis Elbow
Vertigo

WellForms customers:

Free assessment!!

Make an appointment for a brief interview.....