



P U A N A N I

TAHITIAN DANCE & FITNESS

S U M M E R P R O G R A M  
4 W E E K C O U R S E S T A R T I N G J U L Y 2 N D !

Keiki Class (Girls 6 to 9 & 10 - 17) - Wednesday 1:00 to 2:00

This Introduction to Tahitian class is a fun and exciting course that brings the spirit of the islands to the Mountain. This fast-paced dance not only pays tribute to the traditional Tahitian culture but also encourages confidence, skill, & technique in your child.

Hot Hinano Fitness (Age 18 and up) - Friday 2:00 to 3:00

Hot Hinano Fitness is a high-energy workout designed to burn calories while having a great time. This course targets your legs, core, and overall body strength causing you to sweat without focusing on strenuous exercise. Woman of all ages love this course because it's not only a great workout, but it's fun and encourages a positive mindset!

CONTACT INFORMATION

**Instructor: Erica Beth Cummins**  
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Call Arrowhead School of Dance to Sign Up!  
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