

Valley Montessori School presents our new...



# Cardio Hip Hop Class

For Children Grades 1<sup>st</sup> – 3<sup>rd</sup>

Learn to dance, and get a great workout at the same time! Learn fun hip hop routines to catchy, appropriate tunes, intermixed with cardiovascular exercises and stretches, designed to improve fitness and overall health. VMS students will learn basic breakdancing as well, which will build coordination as well as muscle strength! VMS students will perform in a show for parents and friends at the end of the class session.

## Class Time:

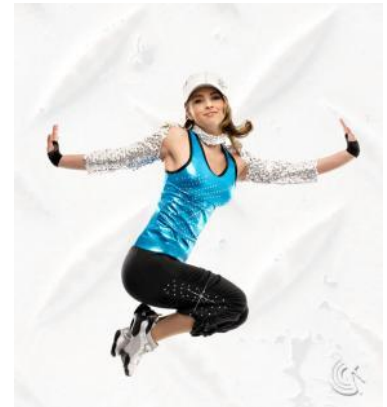
Wednesdays 3:15-4:00  
(in the Gym)

## Class Session:

October 6<sup>th</sup> – November 17<sup>th</sup>  
(7 classes)

## Cost:

\$105



If you have any questions, please contact Marysia Gunderson at  
(925) 337-3726 or email [XtremeDancer89@yahoo.com](mailto:XtremeDancer89@yahoo.com).

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## Meet Our Dance Instructor

Marysia Gunderson is a former VMS Student, who has gone on to attend the UC Berkeley. She currently teaches competitive and recreational dance classes at Xtreme Force Dance Company. Most recently, Marysia has danced with the top Bay Area Dance Company, Soul Conspiracy, and the UC Berkeley Dance Team. She is very excited to be a part of the Montessori Staff.

