

# JUST DANCE



**BOXING  
BOOT CAMP**



STUDIO 310

- Cardio Hip Hop
- Belly Dance
- Zumba
- Street Jazz
- Total Body Conditioning
- Bootcamp
- Body Sculpt
- Power Yoga
- Cross Fit
- Cardio Kickboxing
- Kettlebells
- Biggest Loser Challenges
- Private Sessions
- Private Parties

“WELCOME TO THE BEST HOUR OF YOUR DAY”



[WWW.STUDIO-310.COM](http://WWW.STUDIO-310.COM)  
**301.838.0310**



STUDIO 310



- Children's Classes
- Hip Hop
- Street Jazz
- Ballet
- Jazz
- Breakdancing
- Ballet/Hip Hop
- Ballet/Jazz
- 2yr old classes
- Poms
- Cheer
- And much more.....



Studio-310, a unique place where Fitness and Dance blend to inspire people of all ages to feel and look their best. From Cardio Hip Hop, to Total Body Conditioning, our offerings are designed to build strength, endurance and confidence that students bring with them long after they leave the studio.....

....In all of my classes, I hope you experience the best hour of your day. When you leave class, I hope you feel a sense of accomplishment and fulfillment. Most important, I hope you feel strong and beautiful. Because after all, that is what fitness and dance really is all about.

Liz Corah  
Founder Studio-310

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