

SHAKE OFF SOME STRESS WITH BISI...



VOTED BEST DANCE SCHOOL IN EGV &
DAILY HERALDS "TOP PICKS" FOR DANCE EDUCATION!

b.i.s.i.
CHICAGO DANCE CO.

Shawnway Plaza
660 Meacham Road
Elk Grove Village, IL 60007
(at the intersection of
Meacham & Biesterfield)

BISI
ROCK!

THIS WORKOUT
WILL BLOW
YOUR MIND!

847.363.6398
info@bisi-dancer.com



BISI "ROCK" FITNESS fuses DANCE, Cardio, Pilates, isometric movements, plyometric and some Yoga-based poses into a 1hr stretch & strengthening fitness class that incorporates all the benefits of drumming!

A fun, effective ROCK OUT - WORK OUT for adults, that combines core and upper body to the fullest all into one 60-minute experience!

ROCK ON with BISI and try something NEW that will keep you wanting MORE!

DRUMSTICKS will be provided for this workshop. Comfortable work out attire that you can move freely in with sneakers.

SPACE IS LIMITED
WALK IN'S ARE ALWAYS WELCOMED!
WWW.BISI-DANCER.COM

BISI "ROCK" FIT!
TUES & THURS 9:30-10:30am
\$10 per class or
\$80 punch card for 10 classes!

b.i.s.i.
CHICAGO DANCE COMPANY

