

<b>Adult Classes</b> <b>Exercise your Body, Mind &amp; Spirit for a Healthier Happier You!</b>	<b>Day</b>	<b>Studio</b>	<b>Time</b>	<b>Teacher</b>
<b>Tap for Beginners</b> - <i>Tan tap shoes, any style</i> Anyone can learn to tap dance! No previous dance experience is required. Have fun learning to make sounds through your feet and enjoy the experience of not being able to think of anything else. It's truly "Tap Your Troubles Away".	Thursday 9/20-11/08	MZ	7:05p	Monique
<b>Intermediate Tap</b> - <i>Tan tap shoes, any style</i> A good amount of previous tap experience is required for this class. Fancy footwork and tap choreography. Not a performance class, but community performance opportunities may become available for regulars interested in performing.	Tuesday 9/11-10/30	Main	7:05p	Tim
<b>Contemporary I / II</b> - <i>Bare feet or half foot covering (such as Dance Paws).</i> Contemporary dance is compiled by the influences of many dance forms. Most importantly, we focus on the importance of torso moment to activate a natural flow of the body. Beginning with floor work, we warm up the body and establish a connection with the earth, then gradually stand to an up right position while traveling across the floor exploring more organic ways of dance.	Tuesday 9/18-11/6	Main	8:10p	Tami
<b>Intermediate Jazz</b> - <i>Jazz shoes, tan. If black, they must be non-marking.</i> At an intermediate level, this class is more fast-paced beginning with across the floor cardio work and technical jazz combinations including more complex footwork, jumps and turns. Choreography is also taught in class to promote musicality, memorization, and just to have fun. Performance opportunities may be available for regulars interested in performing.	Friday 9/21-11/9	Main	7:05	Tami
<b>Hip Hop I / II</b> - <i>Sneakers with light colored clean soles - not street worn.</i> A high energy class with all styles of basic hip hop movements and steps and then combining all into a short and fun dance routine.	Friday 9/21-11/9	Main	8:10p	Tami
<b>Ballet Barre</b> - <i>Any level. Ballet shoes or bare feet.</i> Primarily focusing on technique to develop long and lean muscles while at the barre and in the center. We use ballet concepts for stabilization, strength, and flexibility.	Tuesday 9/18-11/6 Tuesday 9/18-11/6 Thursday 9/20-11/8	Main MZ Main	6:00a 7:05p 6:00a	Tami Tami Tami
<b>Deep Core Strengthening</b> - <i>Any level. Bare feet.</i> Focus is primarily on stationary core work including planking and crunches utilizing yoga balls and pilates rings. We also focus on lengthening the entire body through stretches and strengthening techniques on the floor and in standing positions. Application of these techniques will help open the body up to moving freely and relieve tension in problem areas.	Monday 9/17-11/5 Wednesday 9/19-11/7	Main Main	6:00a 6:00a	Tami Tami

**Adult classes begin Friday, September 14. Each class is 1 hour long.**

**Adult Class Package Rates:**

- \$25 Single class or drop-in
- \$160 One 8 week session (8 classes \$20 each)
- \$288 Two 8 week sessions (16 classes \$18 each)
- \$360 Three 8 week sessions (24 classes \$15 each)

*Each session has a start and end date, but we will prorate for mid session start dates.  
 There are no credits or carry-overs for missed classes. Classes are not interchangeable between genres or styles.  
 Each class session or "package" must be purchased individually.*