

✧ S E S S I O N C L A S S E S ✧
FALL 2018

Dance Empowerment Fitness Age 13 & up

Dance Empowerment Fitness is a full body cross-training class that will use different styles of dance such as ballet, modern and jazz to create a fitness fusion class. The class will also incorporate other fitness aspects that can be found in interval training and yoga. What that means is we will combine high and low intensity work out routines that will include: abdominal, strengthening and flexibility exercises along with alignment and placement found in dance. Dance Empowerment Fitness main objective is to allow patrons to enjoy moving and working out at the same time, while also creating a positive and judge free zone. The class is for all level of experiences so the more the merrier.

Saturdays 8:30 – 9:30am September 8th – November 24th

Instructor: Gardenia Gilbert \$165 / 12 week session

Teen & Adult Tap for Beginners Age 15 & up

Learn the fundamentals of Tap dancing in a fun, nurturing environment. Previous tap experience not necessary.
All students must have tap shoes.

Thursdays 6:30 – 7:30pm September 6th – November 29th (no class on Thanksgiving 11/22)

Instructor: Shelley Kohlman \$165 / 12 week session

**Musical Theater Ballet, Jazz & Tap (optional) Technique for Adults
Beginner and Intermediate levels Age 15 & up**

The steps, combinations and techniques of musical theater Ballet, Jazz and/or Tap dance will be taught in a fun-filled class. Class will include 45 minute Ballet barre technique, 45 minutes of musical theatre Jazz technique and 30 minutes of beginner Tap (optional). Students may choose to take Ballet & Jazz only or all three! The perfect class for teens and adults interested in building confidence for auditions and performance of musical theater.

Saturdays September 15th – November 17th

Beginner level	Intermediate level
11:00 – 11:45pm Jazz	11:00 – 11:45pm Ballet
11:45 – 12:30pm Ballet	11:45 – 12:30pm Jazz
12:30 – 1pm Tap	12:30 – 1pm Tap

**Instructors: Gardenia Gilbert (Ballet), Robin Berger (Jazz & Tap)
Ballet & Jazz \$140 / 10 week session -or- Ballet, Jazz and Tap \$180 / 10 week session**



To register, call: 314-645-6463

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