FALL SESSION SEP 8 - DEC 19

ADULT CLASSES



MONDAYS
7:00 - 8:00
AGES 18+ YEARS
STUDIO G

ROTATING ADULT CLASS
October - Hip Hop
November - Tap

OUR OPEN LEVEL ADULT CLASS IS DESIGNED FOR DANCERS OF ANY AND ALL EXPERIENCE LEVELS WHO ARE LOOKING TO CONNECT TO MOVEMENT IN A FUN AND FRIENDLY ENVIRONMENT.

CLASS INCLUDES A WARMUP, LITE STRENGTH/FLEXIBILITY, ACROSS THE FLOOR, AND OF COURSE FUN GENRE COMBINATIONS AND SEQUENCES!



WEDNESDAYS
7:30 - 8:30
AGES 18+ YEARS
STUDIO G

ADULT BALLET

OUR OPEN LEVEL ADULT BALLET CLASS IS DESIGNED FOR DANCERS OF ANY AND ALL EXPERIENCE LEVELS WHO ARE LOOKING TO TRAIN, REFINE, AND RECONNECT WITH CLASSICAL TECHNIQUE IN A SUPPORTIVE AND ENCOURAGING ENVIRONMENT.

CLASS INCLUDES A TRADITIONAL BARRE AND CENTER COMBINATION WORK, FOCUSING ON ALIGNMENT, STRENGTH, FLEXIBILITY, AND ARTISTRY. MODIFICATIONS AND PROGRESSIONS ARE OFFERED SO DANCERS CAN MOVE AT THEIR OWN PACE.