



OPEN LEVEL ADULT CLASSES FOR DANCERS 18+

## SUMMER SESSION

JULY 6<sup>TH</sup> - AUGUST 16<sup>TH</sup>



**MONDAYS**

**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.



**TUESDAYS**

**7 - 8**

**AGES 18+ YEARS**

**HOME BASE STUDIO**

### ***ADULT JAZZ***

OUR OPEN LEVEL ADULT JAZZ 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 JAZZ COMBINATIONS AND SEQUENCES!

***ADULT SUMMER TUITION IS \$90 FOR  
ALL 6 WEEKS, DO BOTH CLASSES FOR  
\$150!***