



## Adult Class Offerings, October 2018

### Monday

10:30-11:45am Ballet  
5:30-6:30pm Cardio Tap

### Tuesday

5:30-6:30pm Barre

### Wednesday

10:30-11:30am Modern  
12:00-1:00pm Pilates  
5:30-6:30pm Cardio Hip Hop

### Thursday

12:00-1:00pm Barre

### Friday

10:30-11:30am Cardio Hip Hop

### Saturday

10:15-11:15am Barre

## Class Descriptions

**Ballet:** This classical dance class will feature barre and centre work. Proper placement, musicality, balance, flexibility, and poise will be foundational.

**Barre:** Systematically lengthen and sculpt your muscles to create a lean and beautiful body. Unlike other barre classes, our classes add cardio and high-intensity interval training for maximum fat-burning.

**Cardio Hip Hop:** It's a dance party for your weekday! Learn Hip Hop technique and infuse it with your own flair.

**Cardio Tap:** A non-stop cardio workout of tap dance. Tap drills are paired with upbeat music to help you learn or fine-tune your tap skills while getting a great workout.

**Modern:** An all-level movement class based on the techniques of Lester Horton and other dance masters such as Martha Graham and José Limon. Includes floor work, cardio movements across the floor, and choreography.

**Pilates:** Strengthen your core with this classic mat class, taught with modern music and an instructor trained in multiple disciplines of movement and exercise.

Adult classes run year-round

Drop-in \$15.

Punchpasses are available at \$135/10 classes and \$240/ 20 classes

Special student rate available for ages 13-17 (restrictions apply)