

Hip Hop Cardio

If you want to get into shape and have a great time while learning dance moves then this class would be perfect for you.

Class Description:

Get ready to sweat to hip-hop music from the 80's, 90's, and today! Cardio Hip-Hop is a dance workout fused with hip-hop dance moves. All fitness levels are welcome and no dance experience is necessary. The class begins with a warm-up, is followed by a cardio workout, and concludes with abdominal strengthening and stretching. If you're looking to have fun and get a great workout without a lot of complicated choreography, this class is for you!

What to Wear:

Loose-fitting clothing that allows you to move freely and a pair of comfortable gym shoes.

Classes taught by Ms. Kelly (certified fitness instructor)

8-Week Session
Tues Evenings
Jan 10th—Mar 6th
(no class on Feb 21st)
8:00-9:00pm
Cost: \$75
Class #193

or

8-Week Session
Sat Mornings
Jan 14th—Mar 10th
10:30-11:30am
Cost: \$75
Class #194

Drop In Rate: \$12



Adult Beginner Ballet Classes

If you have never danced before, a beginner's class would be perfect for you. If you are a former dancer and want to return to ballet after several years, this class will assist in reconnecting to your past training and getting back into shape.

What to Wear:

Tights & Leotard or Neat, loose-fitting clothing that allows you to move freely.

What to Expect:

Our Adult ballet classes are generally structured the same as classes for younger dancers. Class will begin at the barre for warming up, then progress to the center for bigger movements.

16-Week Session
Jan 9th – May 14th
Mon 8:00-9:00pm
Taught by Shannon
Cost: \$150
Class #192

No classes:
Jan 23rd
March 26th
April 9th