

Class Descriptions

Tap –the American tradition. Making music with your feet, timing, rhythm patterns,

Ballet- the foundation of dance, Russian style classes as well as classical American Ballet

Pre- ballet – intro to ballet with classical music and terminology for preschoolers

Leaps and Turns - focuses on the proper technique and execution of all jumps and turns.

Jazz-essential part of dance and foundation for different jazz styles

Musical Theater Jazz- traditional jazz with more theatrics, Broadway styles, and acting

Hip Hop-Street dance danced to the latest music. A variety of styles including old school basics, Locking, popping, waving

Break Dance-street dance referred to as b-boying or b-girling athletic movements and freezes

Ballroom- and introduction to basic ballroom dances (foxtrot, waltz, cha-cha)

Lyrical- a fusion of jazz and ballet

Contemporary-a fusion of jazz, ballet and modern

Modern-free dance or theatrical dance with a strong ballet influence (fusion of different techniques will be taught)

Belly dance - a traditional Middle Eastern style of dance

Yoga-a gentle yoga, slow concentrated movements, breathing, meditation (Hatha yoga)

Kids in Motion- creative movement, and introduction to dance through ballet, tap, singing, and rhythm games

Movin 2 Music- for 2-5 yr olds an introduction to movement, singing, rhythm games, basic motor skill games,

Hard core Pilates-physical and mental conditioning with cardio powered moves to target the body's abdominal core.

Latin Cardio Dance-traditional Latin dance moves in extreme repetition. For all levels bring your inner dancer, core strength and confidence to another level, and have fun doing it!

Movin'to the Beat - (walking workout) 1 mile for beginners or active adults or

Two miles advance class

Energy Dance – a class where all genres of music are explored and explained, motivating people to feel the music & dance from their heart, utilizing their core energy.

Core training- a class geared toward strengthening your core body thus a stronger dancer.

Performance workshop- must have training in different disciplines of dance and love to perform (performances will be a goal for these classes)

Dance Team- by audition only Jazz, Tap, and ballet are required (competition and performances are a goal for these students)