

# ADULT DANCE & FITNESS CLASS DESCRIPTIONS

Adult Classes are typically Sessions of 12 Weeks.

*Adult dancers are not required to perform in the year end Showcase Performances.*

*Not all classes listed below are offered at both Studio locations, so please check our website.*

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## Zumba

Ditch the workout, join the party! Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party that's moving millions of people towards joy and health. No experience necessary! Everyone will be new to this fun class! Get ready to move those hips and have a blast!

## Yoga

Yoga is a practice for optimizing the health of the body and quieting the mind. The class will include a variety of postures and poses that flow together with synchronized breathing. We will begin with Pranayama breathing exercises followed by a series of Sun Salutations for warm-up and grounding, then move into standing, seated and supine postures to build strength, release tension and promote increased balance and flexibility. Ending with a final relaxation and guided meditation, you will leave this class feeling revitalized, de-stressed and centered.

## TAP

Tap dancing is an energetic dance style where participants learn rhythm, style and technique through percussive footwork. Tap develops strong co-ordination and a sense of timing and musicality. This class is a lot of fun and one of the classic dance styles that's seeing resurgence in popularity! Not to mention it's a great for the legs and a ton of fun!

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### **Dance Attire:**

Comfortable fitness wear such as jazz pants, yoga pants and tank style top or t-shirts.

New Adult Sessional Classes may be added throughout the year. Please continue to check our website for more information.