



# Adult 2011/2012 Schedule

Classes marked with a \* are offered at our 85<sup>th</sup> Street location. The others are offered at Bow Trail

## Monday

9:15-10:15am

Adult Multi-Style With Childcare

10:15-11:15am

Adult Ballet

## Tuesday

\*8:45-9:45pm

Adult Multi-Style

## Thursday

1:00-2:00pm

Adult Stretch and Strength

\*9:00-10:00pm

Adult Hip-Hop

**Hip Hop** - Our Hip-Hop program is a combination of various styles and includes popping, locking and a bit of break dance along with street style dance movement. If you like music video dancing, this is the class for you. It is a high-energy class that is aerobic and done to many of today's popular tunes.

**Multi-Style Dance** - Learn how to...Dance! Try out many different styles of dance in one weekly class. Learn everything from basic jazz, hip-hop, swing, country, salsa, break dance, stretch, musical theatre and more! Listen to many different kinds of music and get your body movin in all different ways. A great introduction to "dancing". This class is a beginner level for adults only. No need for a partner, just come on in and groove.

**WITH CHILDCARE CLASS** - Childcare is available in the other Bow Trail studio while the class is going on. Children are encouraged to bring books and games for the hour. Children must be 2yrs or older to be included in the childcare program.

**Adult Ballet** A Russian Style technique. The class begins with barre exercises then moves into centre work. This style of class is danced to classical music and is the foundation that enhances all other dance disciplines. We recommend that all dancers take ballet. This is a very basic level 1 class that is appropriate for both beginners and dancers that wish to get in tune with their basics of ballet.

**Stretch and Strength** The focus of this class is strength and flexibility using exercises both at the barre and in the centre. Students will work on core strength and muscle development while keeping the body and muscles lengthened through stretching and flexibility exercises. The class is a full body wake-up and a feel good workout for the muscles.