



Classes are 45 to 90 minutes long and priced accordingly
Private lessons are offered in 30 or 60 minute sessions

Combination Classes

These classes offer three forms of dance: Ballet, Jazz & Tap - while encouraging multi-discipline training. Available to all ages.

Beginner - 45 Minutes

A fun introduction to Ballet & Tap that includes body awareness through stretching & musicality with across the floor, props & routines.

Intermediate - 45 Minutes

Introduction to Ballet, Jazz & Tap theory/technique through barre work, center floor, across the floor and routines. Focused on correct body placement and alignment.

Intermediate/Advanced - 60-75 Minutes

Implementing theory & technique from the intermediate level to accomplish more advanced movements, combination and routines for Ballet, Jazz & Tap. Female students will begin preparation for Pointe work.

Advanced - 90 Minutes

Use of advanced Ballet, Jazz & Tap skills acquired through previous levels to execute barre, center floor, across the floor & routines at a higher level of technical difficulty, musicality & artistry.

Contemporary

This is a collection of dance methods developed from modern, post-modern and lyrical dance. It departs from classical dance techniques allowing unstructured movements.

Ballet & Jazz

Beginner/Intermediate Ballet & Jazz

A class for teens and adults introducing students to both upbeat, stylized Jazz and classic Ballet. Barre work, across the floor and center work provide a great workout for the body & spirit!

Intermediate/Advanced Ballet & Jazz

Builds upon the foundation learned in Beginner/Intermediate by introducing more advanced techniques and choreography.

Technique & Pointe

This is an advanced class for students with prior ballet experience who wish to challenge themselves further by building the strength and control needed for pointe work

Partnering Choreography

Gives dancers the opportunity to perform in a partnered contemporary piece that is challenging physically and theatrically. Dancers get to experience working closely with a partner as opposed to being an individual within a group. Freedom of expression will be greatly encouraged as dancers will explore the emotion and performance of the character to be portrayed on stage and expected to make a connection with their partner.

Hip-Hop

A high energy style dance that takes it's inspiration from the streets, including such styles as: Popping & Locking, House Dance and Electro Dance set to Hip-Hop music

Acrobatics

Use of balance, agility and motor coordination in progressions on mats, while including bends, splits, rolls and tumbling.

Cardio

A cardiovascular workout built around Hip-Hop dance movements and techniques. The class is ideal for those looking to tone muscles, while increasing flexibility & stamina in a fun filled dance activity that avoids the monotony of traditional cardio training

Tap

Will introduce or continue your education and practice with rhythm, style & sound in a fun, engaging atmosphere. Exercises will help build up the flexibility of your feet, knees and ankles while developing your coordination, speed and technique.

Ballroom

Ballroom dance is a social form of dance centered on the interaction between two partners. The Waltz, FoxTrot, Tango, Swing and more provide a great basis for your wedding dance choreography or just as a fun way to learn the dances you've watched on 'Dancing with the Stars'.

Broadway

A class focused on learning the various types of dance incorporated in to your favorite Broadway shows while developing poise, stage presence and the stamina needed to dance & sing. Enhance your ability to portray character and emotion through movement in a fun and relaxed atmosphere.

Just Barre

A thorough barre workout designed for physical fitness while also working on your posture & technique as an added bonus. Working at the barre is a wonderful and low impact total body workout, great for any level of experience.

Cardio Barre & Hip-Hop

Combining low impact total body workout of Just Barre with the high intensity energy workouts of the Cardio Hip-Hop class. A fun way to tone and tighten that works your whole body.

Check back periodically for additional classes or inquire with

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or

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