



# Adult Fall 2010 Schedule

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

## Monday

\*8:30-9:30      **Adult Hip-Hop**

## Tuesday

8:00-9:00      **Adult Ballet**

\*8:15-9:15      **Adult Multi-Style**

**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.

**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.

**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.