

FALL 2016 CLASSES

CHILDREN'S CLASSES:

CHILDREN'S BALLET I & II (AGES 4-6) & (5-7)

Basic fundamentals of classical ballet. Students will work on dance combinations across the center floor. Strong emphasis on terminology, balance and flexibility.

BALLET III & IV (AGES 7-11)

Students continue development in classical ballet along with additional terminology. Emphasis on holding balance longer, executing faster footwork and performing more intricate movements across the floor.

CHILDREN'S JAZZ III & IV (AGES 7-11)

Jazz isolations and stretches will be taught at the center floor. Students will work on intricate Jazz combinations across the floor.

JR. BALLET V & VI (8-12) & (10-14)

Students continue to develop their ballet technique. More advanced terminology, along with developing the footwork and leg strength needed at the barre. More advanced ballet combinations at the center floor.

JUNIOR JAZZ (AGES 11-14)

Basic fundamentals of stretching, jazz technique and jazz combinations are taught across the floor.

MODERN DANCE CLASSES

with Karen Westerfield
Beginner / Intermediate / Advanced.
Call for details.

SENIOR BALLET COMPANY (AGES 14-18)

SENIOR JAZZ COMPANY (AGES 14-18)

Students will work on more complex dance combinations. The class will learn more advanced strength and balance exercises at the barre along with advanced choreography on the center floor.

POINTE

This class is only for those students who have permission from the instructor, and who have studied ballet for an extended period of time in order to execute advanced barre work.

For More information on:

BALLROOM DANCING

Call: "ALWAYS DANCING" 330-519-8307

Jim Ferris or Suzanne Gelinas

1st Dance Class \$40/mo
2nd Dance Class (+\$20) \$60/mo
3rd Dance Class (+\$20) \$80/mo

ADULT FITNESS CLASSES:

NON-AEROBIC: BODY STRENGTHENING

Using weights, balls and bands we strength train all the major muscle groups to achieve a toned and sculpted look as well as stronger bones

CORE STRENGTH TRAINING & BARRE

Through the use of your mind, body and breath, you will be taught qualitative "core-conditioning". Stomach strength is the primary focus in this class. You will also learn Ballet exercises at the barre to improve posture and core strength.

AEROBIC TRADITIONAL FAVORITES: LOW IMPACT AEROBICS & TONING

A good workout for people who want to begin a fitness program. This class reaches the cardio-vascular levels you'll need to burn fat. Class will also include toning exercises that target upper, middle and lower body.

STEP AEROBICS

A High Energy Workout !! Upbeat fun music will be played to motivate you to work on the bench at your peak cardio level. Truly a fat burning class !! You will learn step patterns that will help you reach your cardio threshold, and you will feel revitalized when you are done.

CLASS FEES:

ALL RATES ARE MONTHLY

Pilates/Adult Barre\$30/mo
Body
Strengthening\$35/mo
Step Aerobics\$30/mo
*Unlimited FitnessPlan.....\$50/mo
*New! Unlimited Fitness Plan = \$50/mo

ADDITIONAL CLASS COST:

To add an additional class, take the most expensive class and add \$10 more per month.

Example:

Body Strength+Step Aerobics.....\$45
Body Strengthening+Core Strength/Barre..\$45
*New! Unlimited Fitness Plan.....\$50/mo

All Individual class prices are \$10 per class

For More information on:

YOGA WITH ANN CLINESS

Call: 330-757-0563