



OPEN DANCE DISCIPLINES

Available for Teens thru Adults

2017 SUMMER

June 5, 2017 - August 12, 2017

Closed July 1 thru 7, 2017 for Fourth of July Holiday

Ballet Intermediate / Advanced	Tuesday/Thursday	9:30 – 11:00 am
Ballet Beginner	Thursday	11:00 - 12:00 pm
Ballet Intermediate	Saturday	9:30 – 11:00 am
Ballet Intermediate	Wednesday	7:00 - 8:30 pm

Ballet class consists of a traditional barre and center floor work. Classes are designed to accommodate a variety of training backgrounds. Ballet develops confidence, coordination, strength, flexibility and body awareness and is a great workout for teens and adults. There is no formal dress code but please do not wear anything baggy. Ballet slippers are required.

Hatha Yoga*	Tuesday/Thursday	12:00 – 1:15 pm
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Hatha Yoga - Learn how to master Hatha yoga asanas (postures) and slow moving sequences geared towards muscle strengthening, flexibility, balance, and concentration. Learn breathing techniques and how to integrate movement with breath. Each class will end with about 5 minutes of relaxation, to allow the body to fully benefit from the yoga practice. The studio has yoga mats on site; however, it is recommended to bring along a personal yoga mat, if available, with the student name marked in a corner. We recommend students refrain from eating one-two hours before class.

***Angie Shapira** - Angie is a certified yoga teacher with 19 years of yoga experience. Her background in natural therapies helps her put emphasis on the therapeutic benefits of yoga and explains these benefits to her students. Her teaching focuses on correct alignment (according to the Iyengar yoga method) and use of props, both meant to avoid injury and help mastering the poses.

Pricing for all classes: ~~Card purchasing basis, card is valid for six weeks~~
Annual registration fee - \$35.00

4 classes	(1 per week)	\$ 75.00
8 classes	(2 per week)	\$ 95.00
12 classes	(3 per week)	\$ 125.00
Single Class Rate		\$ 20.00
Professional Rate		\$ 15.00

Must have three students to hold class.