



ADULT Dance Class Descriptions 2023-24

DESCRIPTIONS

Adult Gentle Ballet

Our Adult Gentle Ballet class will focus on posture, along with strengthening and stretching the muscles through basic barre work and center work exercises. This class will allow you to enjoy the beauty of movement while improving your health and well-being! NO prior dance experience necessary to join!

Adult Tap 1

Adult Tap 1 is designed for students who have never had any previous experience in tap dance. The class will cover basic steps and terminology that will prepare students to move into the Beginning/Intermediate class. Tap dancing is a great way to develop musicality, timing and balance.

Adult Tap 2

Tap dance uses the sound of the tap shoes hitting the floor as a percussive instrument. Tap dance sharpens reflexes and improves memory skills and coordination. Beginning classes will work toward establishing fundamental tap movements, vocabulary and will work on basic rhythms and steps that progress into fun and lively dance combinations. More advanced classes will involve more intricate rhythms and combinations. Tap dancing is a great way to develop musicality, timing and balance.

Adult Ballet 1/ Jazz 1

Ballet 1: Focuses on exercises, techniques and steps of classical ballet with an emphasis on terminology and correct body alignment. Develops an aesthetic awareness of the art of classical ballet. Includes a warm-up at the barre with center floor work and combinations.

Jazz 1: Includes a warm-up that develops strength, flexibility, coordination, and dance techniques specific to jazz dance. Includes dynamic choreography set to popular music and encourages individual expression and development of personal style.

Zumba®

An energizing dance fitness class featuring Latin and International music. Exercise in disguise! You'll burn lots of calories and have a great time doing it! (1 hour class)



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Adult Lyrical

Characterized by its versatility, Lyrical dance can be danced to any style of music and united with other dance forms to create a new style of movement. Students learn to use their bodies in a variety of ways. Technique, body alignment, and emotion are essential to establishing a mind-body connection. Lyrical dance features a wide variety of dance techniques, reflecting its melting pot nature.

Adult Hip Hop 1

Our hip hop dance class for adults is a high-energy class while still providing a structured method of learning a variety of dance movements. This high-energy class offers a non-intimidating approach to learning hip hop. The choreography taught by our instructors is thoughtfully created so students of all backgrounds can understand and succeed at hip hop dance. Our adult hip hop dance class always begins with a thorough warm-up session to help dancers loosen up, build core strength, and improve their overall body control. Our dance instructors will break every movement down into steps that are easy to learn.

Adult Pilates/Barre

This class will combine Pilates, Yoga, and Ballet methods, that incorporate small isolated movements to fatigue the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count.

Conditioning Class

Improve mobility, stability, and core strength with controlled stretches and movements in standing, sitting, kneeling, and lying positions. Modifications available for all levels. Resistance bands provided.

Need: Yoga Mat

Feedback Please!

Send us your valuable feedback!

Is there a dance/fitness/other class you would love to take that we don't offer yet?

Email Caley at bsd.caley@gmail.com with the following info:

- Type/name of class desired
- Day/Time that works for you

