



Dance Class Descriptions

BALLET CLASSES

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!

Attire - Athletic Clothing **Footwear** - Pink Ballet Slippers

Ballet I

Perfect for beginners or those returning to ballet, this class offers a supportive, low-pressure environment to explore classical technique. Dancers will learn foundational ballet vocabulary, posture, and alignment through barre and center work. Emphasis is placed on musicality, coordination, and building strength and flexibility at a comfortable pace. No previous experience required—just a willingness to move and enjoy the process!

Attire - Athletic Clothing **Footwear** - Pink Ballet Slippers

Ballet II

Designed for dancers with prior ballet experience, this class builds on foundational technique with increased complexity and refinement. Dancers will work through full barre and center combinations, focusing on strength, musicality, balance, and clean execution of movement. Ideal for adults looking to continue their ballet training in a supportive environment while challenging their coordination, artistry, and precision.

Attire - Athletic Clothing **Footwear** - Pink Ballet Slippers

Adult Class Descriptions 2026-27



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Dance Class Descriptions

TAP CLASSES

Tap I: Beginner

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.

Attire - Athletic Clothing **Footwear** - Tap Shoes

Tap II: Intermediate

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.

Attire - Athletic Clothing **Footwear** - Tap Shoes

JAZZ/Hip Hop CLASS

Jazz/ Hip Hop

Get moving, have fun, and dance to great music! This upbeat class combines the energy of hip hop with the technique and style of jazz in a welcoming, supportive environment. Each class includes a warm-up, technique, and easy-to-follow choreography. No dance experience is necessary—just come ready to move, learn, and have fun!

Attire - Athletic Clothing **Footwear** - Jazz Shoes or Sneakers



Dance Class Descriptions

LYRICAL CLASS

Lyrical

Adult lyrical dance classes blend ballet and jazz techniques to express emotions and interpret music through flowing, expressive movements. These classes emphasize storytelling and emotional connection with the music, often using powerful and expressive songs as inspiration. While rooted in ballet, lyrical dance offers more freedom and fluidity, encouraging dancers to explore their individual style and connect with their inner emotions.

Attire - Athletic Clothing **Footwear** - Barefoot or Ballet Slippers

PILATES/BARRE CLASS

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.

You will need a YOGA MAT.

Attire - Athletic Clothing **Footwear** - Barefoot

ZUMBA®

Zumba®

Zumba is a dance-fitness class that combines Latin and international music with easy-to-follow dance moves. It is designed to provide a fun and effective aerobic workout.

Attire - Athletic Clothing **Footwear** - Sneakers