

## Class Definitions

**BALLET** ~ classical theatrical dancing based on the danse d'ecole, the rules and vocabulary that were codified around 1700 in France. It is a formalized type of dancing in which the dancers, through planned movement to accompanying music, present a story or develop an abstract concept.

**JAZZ** ~ is a fast-paced, fast moving, very stylized form of dance. You use the entire body, being able to isolate the head, shoulders, hips, arms and fingers with movement.

**TAP** ~ is dance that involves lots of footwork keeping rhythmic patterns on your feet (tap shoes).

**HIP HOP** ~ popular urban youth culture dance, associated with rap music and stylized dance movement.

**MODERN** ~ (not to be confused with hiphop) is a style of theatrical dance that rejects the limitations of classical ballet and expresses complex emotions and abstract ideas.

**LYRICAL** is a modern dance form which fuses modern dance, jazz, and ballet and is often referred to as contemporary dance. It requires excellent technique to perform, as the moves are often difficult and precise.

**BALLET STRETCH** (teen/adult) with Jackie Farina, is designed for non-dancers and dancers. Its emphasis is on properly warming up, stretch floor exercises for tone and a more limber body, and a basic ballet barre to center the body (dance experience is not required).

**ZUMBA** (teens (13+; Adults Only) A fun-filled and fast hour! Get yourself jump-started for the new week! High-energy and motivating music with unique moves and combinations.

**POMDANCE (5<sup>th</sup>-8<sup>th</sup> grade)** - is the combination of sharp, precise arm movements and technical skills such as turns, leaps, kicks and toe touches. PomDance, offers training in pom technique and the elements of dance used in pom.

## ALL KINDS OF YOGA—ADULTS ONLY:

- **VINYASA YOGA** (adults 18+) Students connect postures using a dance-like movement, choosing the level of intensity which they practice..
- **YOGA LIGHT** – This class is appropriate for basically fit individuals who want to explore the strength and flexibility unique to yoga asana (pose) practice. Explore yoga in a safe, non-judgmental environment with neighbors and friends.
- **YOGA BASICS** – For true beginners, this class explores the basics of yoga philosophy and core principles of alignment. Students will develop increased core strength and flexibility during the year.
- **YOGAWORKOUT** – An abbreviated yoga practice focusing on strength training for students who want to see results quickly with professional supervision.
- **DEEP YOGA** – For the more experienced practitioner interested in the physical and meditative aspects of yoga. Classes blend flow practice with acupressure and energy medicine techniques to build strength, flexibility, focus and concentration. Students should have basic knowledge of yoga poses and understand principles of alignment.
- **CARDIO-YO** – A fun-filled class combining cardio dance w/strength & flexibility training. Perfect class for the student with limited time.
- **PILATES** (Adults Only) teaches body awareness, good posture and easy, graceful movement. It improves flexibility, agility and economy of motion.

## DANCE & MORE—ADULTS ONLY:

- **ZUMBA** ~ Adults Only ~ mornings – 9:00am Tuesday and Thursdays high energy and motivating music with unique moves and combinations.
- **FUNK JAZZ** ~ a little jazz, hiphop & more.
- **BEGINNING TAP** – get to the basics and start now!
- **CONTINUING TAP** – already got the basics, then you're ready for this class
- **TAP AEROBICS** ~ if you already have one-year of tap, then this is a class for you! You'll get a great cardiovascular dance class!