



## 2022 Adult (18+)

| DAY              | TIME              | CLASS  |
|------------------|-------------------|--|
| <b>Tuesday</b>   | 9:00am – 10:00am  | Classical Ballet/Strength/Conditioning<br>(All levels) |
|                  | 6:30pm – 7:30pm   | Hip Hop/Dance Fit<br>(All levels)                      |
| <b>Wednesday</b> | 6:30pm – 7:30pm   | Classical Ballet/Strength/Conditioning<br>(All levels) |
| <b>Thursday</b>  | 7:00pm – 8:00pm   | Tap (All levels)                                       |
| <b>Friday</b>    | 9:00am – 10:00am  | Classical Ballet/Strength/Conditioning<br>(All levels) |
|                  | 10:00am – 11:00am | Tap (All levels)                                       |

### **Classical Ballet:**

*An enjoyable way to get fit, toned and supple through the Artistry of Dance disciplines and techniques.*

### **Hip Hop / Dance Fit:**

*We all love to dance and this class builds strength, cardiovascular fitness and co-ordination while learning the latest dance moves from across the world.*

### **Tap Dance:**

*Increase your cardiovascular conditioning, get toned and improve co-ordination with combinations that build strength in the legs and feet in addition to increasing flexibility in the hips, knees and ankles.*