

Check out the
**DANCE
CLASSES FOR
KIDS**
on pg 16!

Bellydance for Scaredy Cats!

(ages 16 & up)

Want to take bellydance but you're not sure you're ready for a whole series of classes? Take this one-time workshop to dip your toe in the water! Learn hip and shoulder shimmies, graceful arm movements and more. Bring a large scarf for your hips. A limited number of loaner scarves available.

08F291.1

Saturday, 2:00 PM – 4:00 PM

September 6 (1 day)

Jamie Anderson, Instructor

\$30

Lunchtime Bellydance

Much more fun than a business lunch, this beautiful Middle Eastern dance is for people of all sizes and shapes. We'll cover shoulder & hip shimmies, graceful arm movements & more. Sign up with a group from your office and really make it fun! Open to all levels of dancers - from beginners to more advance. Please bring a scarf for your hips. A limited number of loaner scarves are available.

08F247.1

Wednesdays, 12:00 PM – 12:45 PM

September 10 - October 29 (8 weeks)

Jamie Anderson, Instructor

\$85



Shake Rattle and Roll with Bellydance! (ages 16 & up)

This beautiful Middle Eastern dance is great low impact exercise for people of all sizes, shapes and ages. Learn shoulder and hip shimmies, graceful arm movements and other fun steps. Perfect for beginners but also good for experienced dancers who want to polish up on basics. Bring a scarf for your hips and a veil. A limited number of scarves and veils will be available for loan.

08F249.1

Mondays, 7:00 PM – 8:00 PM

September 8 - October 27 (8 weeks)

Jamie Anderson, Instructor

\$85

Bellydance Fitness (ages 16 & up)

Don't worry about those holiday cookies! Head 'em off at the pass with a little shake, rattle and roll. It's a great low impact exercise for all shapes, sizes and ages. Wonderful for beginners as well as more experienced dancers who just want a good workout. We'll do hip and shoulder shimmies, fun steps and graceful arm movements in various combinations. Bring a scarf for your hips. A limited number of scarves available for loan.

08F290.4

Mondays, 7:00 PM – 8:00 PM

December 1 – December 15 (3 weeks)

Jamie Anderson, Instructor

\$40

NEW INTERMEDIATE/ADVANCE

BELLYDANCE!

Bellydance: Putting it all together

(ages 16 & up)

Intermediate/Advance bellydance for continuing and perfecting your bellydance skills. Each class will include warm up/cool down, improvisational improvement, and one or more of the following—rhythm study, prop usage—cymbals and/or veil with dance combinations. For dancers who are committed to improving their ability and knowledge of 'Danse Orientale'. Participants must have some prior bellydance experience to enroll. Bring your own veil, hip scarf and finger cymbals or purchase on first day of class payable to instructor.

08F290.1

Tuesdays, 6:30 PM – 7:30 PM

September 2 - September 23 (4 weeks)

Shelley Ethridge/Shahzaadee, Instructor

\$60

Bellydance: Waterfall inspired

choreography with veil (ages 16 & up)

Intermediate/Advance bellydance for continuing and perfecting your bellydance skills. This is Shahzaadee's most requested veil dance choreography which uses imagery and beautiful flowing fabric to create sculpture in the air. For dancers who are committed to improving their ability and knowledge of 'Danse Orientale'. Participants must have some prior bellydance experience to enroll. Each class will include warm up/cool down, prop usage for veil. Bring your own veil and hip scarf or purchase on first day of class payable to instructor.

08F290.2

Tuesdays, 6:30 PM – 7:30 PM

November 11 - December 16 (6 weeks)

Shelley Ethridge/Shahzaadee, Instructor

\$85

Shelley Ethridge/Shahzaadee has a passion for bellydance and is an artist at her craft. She began her dance studies in jazz/modern style as a child, shifting her focus to International dance studies in 1990. She has taken instruction from many World-renowned masters of Middle Eastern dance. She is the director of Colorful Waves bellydance troupe in Durham. www.shahzaadee.com

ADULT GROUP MUSIC

Beginning Guitar (ages 16 & up)

Pull that guitar out from under your bed! Learn how to tune, strum a few basic chords and read tab (a simple method for reading single notes). We'll apply what you've learned to a few favorite tunes.

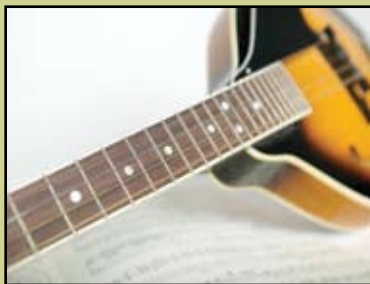
08F741.1

Mondays, 8:15 PM – 9:15PM

September 8 - October 27 (8 weeks)

Jamie Anderson, Instructor

\$85



NEW! Getting to Know your Mandolin (ages 16 & up)

Find out what to do with that new mandolin (or the one lurking in your closet)! Learn tuning, a few simple chords and how to read tablature (a simple method for reading single notes). Bring your own instrument. No formal music training required.

08F741.5

Mondays, 7:00 PM – 9:00 PM

November 3 (1 day)

Jamie Anderson, Instructor

\$40

NEW! Spice Up your Guitar Playing (ages 16 & up)

Pull that guitar out from under your bed! Learn how to tune, strum a few basic chords and read tab (a simple method for reading single notes). We'll apply what you've learned to a few favorite tunes.

08F741.1

Mondays, 7:00 PM – 9:00 PM

November 10 (1 day)

Jamie Anderson, Instructor

\$40



NEW! One day Yoga Hatha Clinic (ages 16 & up)

This clinic provides beginner to advance students the opportunity to experience Hatha yoga taught by Bryan Carey. He will demonstrate techniques to get you started or take you to the next level. Bring a friend and start learning to meditate and relax today! Wear loose comfortable clothing and bring their yoga mat, blocks, straps, etc

08F234.3

Saturday, 9:30 AM – 10:45 AM

September 6 (1 day)

Bryan Carey, Instructor

\$30

Yoga Hatha (ages 16 & up)

This course is intended for beginner-advanced. During class, participants are encouraged to achieve symmetrical alignment of body while directing a deep and full breath to the area being strengthened, lengthened and released. In addition to verbal instruction he will integrate the use of sanskrit (the native language of yoga) and include teachings from a variety of Eastern sages, especially Patanjali's Yoga Sutras. Wear loose comfortable clothing and bring their yoga mat, blocks, straps, etc.

08F234.2

Thursdays, 6:00 PM – 7:00 PM

September 4 – October 23 (8 weeks)

Bryan Carey, Instructor

\$85

NEW LUNCH TIME YOGA!

08F234.3

Wednesdays, 12:00 PM – 1:00 PM

September 3 – October 22 (8 weeks)

Bryan Carey, Instructor

\$85

08F234.2

Thursdays, 6:00 PM – 7:00 PM

October 30 – December 18 (7 weeks)

NO CLASS NOVEMBER 27

Bryan Carey, Instructor

\$75

NEW LUNCH TIME YOGA!

08F234.3

Wednesdays, 12:00 PM – 1:00 PM

October 29 – December 17 (8 weeks)

Bryan Carey, Instructor

\$85

Street Jazz & Hip Hop Level I (ages 16 & up)

Find your inner groove! Here is your chance to learn a basic street style movement vocabulary while increasing strength, flexibility and coordination. Learn combinations with an emphasis on funk and commercial hip-hop. The class format includes a walking warm-up with hip hop drills to help students learn basic footwork, patterns and transitions while they boost heart rate, circulation and develop dance memory. Jazz Dance sneaker or a cross trainer with a non-marking sole recommended. No running shoes allowed.

08F221.1

Mondays, 7:00 PM – 8:00 PM

September 8 – October 27 (8 weeks)

LaBrandi Johnson, Instructor

\$85 or two credit card payments of \$42.50

08F221.2

Mondays, 7:00 PM – 8:00 PM

November 3 – December 22 (8 weeks)

LaBrandi Johnson, Instructor

\$85 or two credit card payments of \$42.50

BACK! Community African Dance (ages 13 & up)

Join members of AADE for this dynamic and energetic exploration of traditional African movements. Through dance and the accompanying music, you'll learn about the celebration of life as practiced in diverse cultures of modern Africa. Men, women, experienced dancers and beginners are all welcome to join in the experience. Please, no children under the age of 13 years. (Children 13 and older may register with a parent or adult friend)

07F240.1

Tuesdays, 6:30 PM – 8:00 PM

September 2 – October 7 (6 weeks)

Normadien Gibson-Woolbright, Instructor

\$90 or two payments of \$45

07F240.2

Drop-In Rate \$15

WOW! Cardio Hip Hop! (ages 16 & up)

Do you ever watch music videos and say, "I'll never be able to dance like that?" Well think again! Learn the latest dance steps while having an AWESOME workout. These easy-to-follow moves will help increase flexibility and coordination, improve muscle tone and increase strength. Move your body like it's never been moved before. No dance experience required because all techniques will be taught step-by-step. Loose those inhibitions - Cardio Hip Hop is all about having fun and staying healthy!

08F222.1

Mondays, 6:00 PM – 7:00 PM

September 8 – October 27 (8 weeks)

Lindsay Preiss, Instructor

\$85 or two credit card payments of \$42.50

08F222.1

Mondays, 6:00 PM – 7:00 PM

November 3 – December 22 (8 weeks)

Lindsay Preiss, Instructor

\$85 or two credit card payments of \$42.50



DANCE LIKE THE STARS!

Basic East Coast Swing!

(ages 16 & up)

If you want shake and swing then this is the class for you! We cover lead and follow for everyone covering the major basic moves to get everyone dancing by the end of their first session. Fitness and Fun for everyone! No partner necessary.

08F248.2

Thursdays, 6:30 PM – 7:30 PM

September 4 – October 9 (6 weeks)

Debbie Ramsey, Instructor

\$75

08F248.6

Thursdays, 6:30 PM – 7:30 PM

November 6 – December 18 (6 weeks)

NO CLASS NOVEMBER 27

Debbie Ramsey, Instructor

\$75

Basic Salsa for Adults!

(ages 16 & up)

Salsa is HOT and easy to learn! Learn basic Salsa moves and lead and follow for everyone. Then, learn fun social moves to get everyone dancing by the end of their first session. Fitness and Fun for everyone! No partner necessary.

08F248.3

Thursdays, 7:30 PM – 8:30 PM

September 4 – October 9 (6 weeks)

Curtis Bass & Lydia Rijos, Instructor (Debbie Ramsey)

\$75

08F248.7

Thursdays, 7:30 PM – 8:30 PM

November 6 – December 18 (6 weeks)

NO CLASS NOVEMBER 27

Curtis Bass & Lydia Rijos, Instructor (Debbie Ramsey)

\$75

Cardio Salsa! (ages 16 & up)

No need to travel south of the border to get a HOT cardio workout that feels like a party. Dance your heart out to high energy Latin music while learning salsa, cha cha cha and meringue choreography. This class begins with a warm up stretch segment, followed by constant dance movement. Although emphasis is placed on the aerobic benefit, this is a dance class. You will learn proper salsa technique and a variety of steps you can take directly to your favorite salsa club. Choreography is repetitive and easy to remember - you'll leave this class drenched and energized!

08F248.4

Thursdays, 8:30 PM – 9:30 PM

September 4 – October 9 (6 weeks)

Debbie Ramsey, Instructor

\$75

08F248.5

Thursdays, 8:30 PM – 9:30 PM

November 6 – December 18 (6 weeks)

NO CLASS NOVEMBER 27

Debbie Ramsey, Instructor

\$75



Ballroom Sampler!

(ages 16 & up)

Learn to glide across the dance floor elegantly and easily just like "Dancing with the Stars!"

08F249.4

Thursdays, 6:30 PM – 7:30 PM

September 4 – October 9 (6 weeks)

Curtis Bass, Instructor (Debbie Ramsey)

\$75

08F249.5

Thursdays, 6:30 PM – 7:30 PM

November 6 – December 18 (6 weeks)

NO CLASS NOVEMBER 27

Curtis Bass, Instructor (Debbie Ramsey)

\$75

East Coast Swing III!

(ages 16 & up)

Learn the cuddle, the shoulder slide and much more to triple time rhythm swing. (Must have taken a Basic East Coast Swing course)

08F249.3

Thursdays, 7:30 PM – 8:30 PM

September 4 – October 9 (6 weeks)

Debbie Ramsey, Instructor

\$75

08F249.8

Thursdays, 7:30 PM – 8:30 PM

November 6 – December 18 (6 weeks)

NO CLASS NOVEMBER 27

Debbie Ramsey, Instructor

\$75

Beginning Ballroom!

(ages 16 & up)

Learn the exciting and sexy Latin cha cha. Start with the basics of cha rhythm, crossover breaks, turns and styling.

08F249.2

Thursdays, 8:30 PM – 9:30 PM

September 4 – October 9 (6 weeks)

Curtis Bass, Instructor (Debbie Ramsey)

\$75

08F249.9

Thursdays, 8:30 PM – 9:30 PM

November 6 – December 18 (6 weeks)

NO CLASS NOVEMBER 27

Curtis Bass, Instructor (Debbie Ramsey)

\$75