

Focus Bellydance Workshops – take one or several (Ages 16 & up)

These workshops offer a great opportunity for beginning bellydancers to learn about different areas of dance. Maybe there was a movement you didn't quite get the first time?

Or some new techniques you'd like to learn in a pressure-free environment? Or maybe you'd just like to keep fit with this low impact exercise that's fun for all ages and sizes?

For those who have taken Shake Rattle and Roll (Beginning Bellydance) or the equivalent (students from other dance schools are welcome). Bring a large scarf for the hips. Loaner scarves will be available. Each workshop is \$25. Take all seven for a discount at \$160. Jamie Anderson, Instructor

Traveling Steps

Bellydancers don't just stand in one place, we cover the floor! We'll look at fun hip shaking steps like the basic Egyptian, double basic Egyptian, hip twisting steps, turns, traveling with figure eights and more, all in fun combinations.

09FA249.2

Saturday, October 10

12:00 - 1:30 PM

\$25

Arm Work

We'll do some graceful snake arms and experiment with different arm placements and arm paths. Bellydance is not just good exercise for the hips, it's great for arms too!

09FA249.3

Saturday, October 17

12:00 - 1:30 PM

\$25

Upper Body Isolations

Do torso circles still have you confused? Want to do some fun shoulder accents? Need to work on doing these moves without shaking your hips? We'll do all of this and more.

09FA249.4

Saturday, October 24

12:00 - 1:30 PM

\$25

Ooey Goey Moves

Yes, that is a technical phrase! Learn those graceful body waves, sideways figure eights and belly rolls that may not have been covered in your first class. These are the perfect movements for taqsim, the slow part of the dance.

09FA249.5

Saturday, November 7

12:00 - 1:30 PM

\$25

Finger Cymbals

Not only do bellydancers move with the music like musicians but we play finger cymbals (zils) too. This beginning class will get you started with a few simple rhythms and ideas about how you can incorporate them into your dance. You'll need your own cymbals. A list of places to purchase them will be provided upon registration.

09FA249.6

Saturday, November 14

12:00 - 1:30 PM

\$25

Put Together Your Own Choreography

Want to dance for your sweetie but now sure how to put together the moves? Want to do a more public performance but not sure what to do? This workshop will help you decide on music and what to do once it starts. There'll be lots of individual instruction as well as group work.

09FA249.7

Saturday, December 5

12:00 - 1:30 PM

\$25

Veil Work

Not sure what to do with that colorful piece of chiffon or silk? Want some new ideas for a choreography? Take this class and learn different turns, flutters and ways to frame movements. Bring a veil. Some loaner veils will be available.

09FA249.8

Saturday, December 12

12:00 - 1:30 PM

\$25



photo by audra evans studios

Guitar I (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.

09FA741.1

Mondays, 6:00 – 7:00 PM

August 17 – October 12 (8 weeks)

NO CLASS September 7th

Jamie Anderson, Instructor

\$90 or two payments of \$45

Guitar II

Take your playing to the next level! Learn more chords, strum patterns and finger picking styles so you can play your favorite tunes. You must have taken Beginning Guitar or know at least a few basic chords that you can change without stopping. You should also be able to read a chord diagram. If you're not sure if this class is right for you, please contact the office. Bring your acoustic or electric guitar. If the latter, bring an amp, guitar cord and extension cord.

09FA741.2

Mondays, 6:00 – 7:00 PM

October 19 – December 14 (8 weeks)

NO CLASS November 23rd

Jamie Anderson, Instructor

\$90 or two payments of \$45

Busting out of Writer's Block, for Songwriters

Is there a "Stairway to Heaven" lurking in your songwriter's closet but you don't know how to let it out? Or do you just want a kick in the pants for your songwriting work? Get it here at these two workshops. Using exercises and discussion, you'll learn how to show your self-editor who's boss. You'll get support from other songwriters and gentle feedback from the instructor. Be prepared to do some work outside of class. For musicians who have written at least two songs on their own. No formal background in music is needed. Bring your instrument. A piano will be provided.

09FA743

Saturdays, 2:00 – 4:00 PM

November 7 and November 14 (2 weeks)

Jamie Anderson, Instructor

\$80 or two payments of \$40



Zumba (Ages 16 & up)

One of the newest exercise crazes is the Zumba fitness program, an upbeat aerobic exercise workout done to Latin and international music. Using a mixture of body sculpting movements and simple dance steps, it is a fun and easy “feel happy” way to burn calories and tone the body.

No running shoes allowed.

09FA221.8

Mondays, 7:00 – 8:00 PM

August 24 - October 19 (8 weeks)

NO CLASS ON SEPTEMBER 7TH

LaShawn Jones, Instructor

\$90 or two payments of \$45

09FA221.9

Mondays, 7:00 – 8:00 PM

October 26 - December 14 (8 weeks)

LaShawn Jones, Instructor

\$90 or two payments of \$45

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.

09FA249.10

Mondays, 8:00 – 9:00 PM

August 17 – October 12 (8 weeks)

NO CLASS SEPTEMBER 7TH

Jamie Anderson, Instructor

\$90 or two payments of \$45

09FA249.11

Mondays, 8:15 – 9:15 PM

October 19 – December 14 (8 weeks)

NO CLASS NOVEMBER 23RD

Jamie Anderson, Instructor

\$90 or two payments of \$45

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.

09FA291.1

Saturday, 1:00 – 3:00 PM

August 22 (1 day)

Jamie Anderson, Instructor

\$30

Pilates for Peace of Mind

A non-competitive pilates mat class focusing on the idea that less is often more when it comes to building overall strength and flexibility. This class will focus on the pilates breath while finding proper body alignment through the use and strengthening of the deep pelvic muscles. Pace, breath and integrity of movement will be emphasized as we explore individual areas of strength and weakness. Ideal for the post-natal woman and anyone seeking ease of movement and core stability. Participants need to bring one of two yoga mats and a towel.

09FA292.3

Wednesdays, 6:30 PM – 7:30 PM

August 26 – October 14, (8 weeks)

Adeline Sussman, Instructor

\$90 or two payments of \$45

09FA292.4

Wednesdays, 6:30 PM – 7:30 PM

October 21 – December 16, (8 weeks)

NO CLASS NOVEMBER 25TH

Adeline Sussman, Instructor

\$90 or two payments of \$45

Inspirational Dance/Aerobics!

Need a physical and spiritual rejuvenation! Well, come be uplifted in a new class that combines dance and aerobics with up-tempo gospel and inspirational music. Inspirational Dance/Aerobics begins with a short warm up and progresses to an advanced-beginner high energy workout. All ages and fitness levels are welcome!

09FA222

Tuesdays, 7:00 – 8:00 PM

August 25 – October 13 (8 weeks)

Le'Brandi Johnson, instructor

\$90 or two payments of \$45

09FA222.1

Wednesdays, 6:30 PM – 7:30 PM

October 20 – December 8, (8 weeks)

Le'Brandi Johnson, Instructor

\$90 or two payments of \$45

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.)

09FA240.1

Tuesdays, 6:30 – 8:00 PM

October 20 - November 24, 2009 (six weeks)

Normadien Gibson Woolbright, Instructor

\$100 or two payments of \$50

Nia: Moving with Joy (Ages 16 & up)

Nia is about the joy of movement, your body's way. Using eclectic world music and a combination of choreography and free dance, we'll explore sensation and pleasure in the body and learn about ourselves in the process. Nia blends dance forms with the martial and healing arts to stretch, strengthen, discover, challenge, and celebrate body, soul, and spirit. This class is suitable for all fitness levels. Wear loose, comfortable clothes and bring water and a yoga mat or big, thick towel for floor play. Move in bare feet or light, comfortable, non-street shoes (if needed).

09FA223

Tuesdays, 6:00 – 7:00 PM

September 8 – October 27 (8 weeks)

Patti Rieser, Instructor

\$90 or two payments of \$45

09FA223.1

Tuesdays, 6:00 – 7:00 PM

November 3 – December 15 (7 weeks)

Patti Rieser, Instructor

\$79

TRY NIA FOR FREE! CALL 560-2726 TO REGISTER FOR ONE FREE NIA CLASS ON: TUESDAY, AUGUST 11TH AT 6:00 PM

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! This is not a partner class. Wear comfortable loose clothes and smooth soled shoes, towel if needed

09FA248.40

Thursdays, 6:30 PM – 7:30 PM

August 27 – October 1 (6 weeks)

MAD Academy - Debbie Ramsey, Instructor

\$70 for an individual \$120 for a couple

09FA248.41

Thursdays, 6:30 PM – 7:30 PM

October 22 – December 3 (6 weeks)

NO CLASS NOVEMBER 26TH

MAD Academy - Debbie Ramsey, Instructor

\$70 for an individual \$120 for a couple

Tango (American Style) (Ages 16 & up)

Tango is one of those REALLY hot dances that everyone should learn. Many of the newer movies have Tango scenes that show some wonderful Tango moves. Learn this fun dance easily. No experience or partner necessary. Wear comfortable clothes and smooth soled shoes
09FA249.40

Thursdays, 6:30 PM – 7:30 PM

August 27 – October 1 (6 weeks)

MAD Academy - Curtis Bass, Instructor

\$70 for an individual \$120 for a couple

09FA249.41

Thursdays, 6:30 PM – 7:30 PM

October 22 – December 3 (6 weeks)

NO CLASS NOVEMBER 26TH

MAD Academy - Curtis Bass, Instructor

\$70 for an individual \$120 for a couple

Basic Salsa (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 or experience necessary! Wear comfortable clothes and smooth sole shoes

09FA248.3

Thursdays, 7:30 PM – 8:30 PM

August 27 – October 1 (6 weeks)

MAD Academy - Debbie Ramsey, Instructor

\$70 for an individual \$120 for a couple

09FA248.4

Thursdays, 7:30 PM – 8:30 PM

October 22 – December 3 (6 weeks)

NO CLASS November 26th

MAD Academy - Debbie Ramsey, Instructor

\$70 for an individual \$120 for a couple

Country Western Two Step (Ages 16 & up)

This is a beginning Country Western Dance Class. Two-Step is a fun and easy dance to learn. Dance to your favorite Country Music! No experience or partner necessary. Wear comfortable clothes and smooth sole shoes

09FA2487.2

Thursdays, 8:30 PM – 9:30 PM

August 27 – October 1 (6 weeks)

MAD Academy - Curtis Bass, Instructor

\$70 for an individual \$120 for a couple

09FA2487.21

Thursdays, 8:30 PM – 9:30 PM

October 22 – December 3

NO CLASS NOVEMBER 26TH

MAD Academy - Curtis Bass, Instructor

\$70 for an individual \$120 for a couple

Dancing Like The Stars Sampler Latin (Ages 16 & up)

This is a ballroom sampler dance class in which we teach two different ballroom dances. This is the "Latin" Class, for those wanting a HOT fun dance, then we have TWO for you! We will cover Cha Cha Cha and Rumba from basic to beyond basic steps and patterns. No experience or partner necessary! Wear comfortable clothes and smooth sole shoes

09FA249.42

Thursdays, 7:30 PM – 8:30 PM

August 27 – October 1 (6 weeks)

MAD Academy - Curtis Bass, Instructor

\$70 for an individual \$120 for a couple

09FA249.45

Thursdays, 7:30 PM – 8:30 PM

October 22 – December 3 (6 weeks)

NO CLASS NOVEMBER 26TH

MAD Academy - Curtis Bass, Instructor

\$70 for an individual \$120 for a couple

Basic East Coast Swing (Ages 16 & up)

If you want to shake, rattle, roll 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. Wear comfortable clothes and smooth sole shoes

09FA248.2

Thursdays, 8:30 PM – 9:30 PM

August 27 – October 1 (6 weeks)

MAD Academy - Debbie Ramsey, Instructor

\$70 for an individual \$120 for a couple

09FA248.21

Thursdays, 8:30 PM – 9:30 PM

October 22 – December 3 (6 weeks)

NO CLASS NOVEMBER 26TH

MAD Academy - Debbie Ramsey, Instructor

\$70 for an individual \$120 for a couple



Adult Dance with the Triangle Youth Ballet:

Our Adult Classes are the perfect blend of art and exercise. Beginning Ballet is an introduction to the fundamentals. It is also a wonderful way to reintroduce yourself to the technique you studied as a child. This meets on Monday evenings. Any comfortable clothing is permitted but ballet shoes are recommended. On Wednesday evening, adult jazz class is a fabulous way to stretch and get an aerobic work out while moving to fun music and learning exciting choreography. Any comfortable clothing is permitted but jazz shoes are recommended.

Ballet Basics for Adults (Ages 16 & up)

09FA292.1

Mondays 7:00 PM – 8:30 PM

September 14 – October 26 (7 weeks)

\$152 or two payments of \$76

Ballet Basics for Adults (Ages 16 & up)

09FA292.2

Mondays, 7:00 PM – 8:30 PM

November 2 – December 14 (7 weeks)

\$152 or two payments of \$76

Jazz Jazz Fun for Adults

09FA293.1

Wednesdays, 7:00 – 8:30 PM

September 16 – October 28 (7 weeks)

\$152 or two payments of \$76

Jazz Jazz Fun for Adults

09FA293.2

Wednesdays, 7:00 – 8:30 PM

November 4 – December 16 (7 weeks)

\$152 or two payments of \$76