

**Lunchtime Bellydance**

Shake up your daytime routine with an invigorating 45 minute mixed level bellydance class. Learn elegant and energetic bellydance movements. Enjoy beautiful music and fun choreography. Our special warm-up focuses on body conditioning for strength and flexibility so you will leave feeling great!

**10FA247.1**

**Tuesdays, 12:15 – 1:00 PM**

August 31 – October 19, (8 weeks)

Hannan Sultan, Instructor

**\$85 or two payments of \$42.50**

**10FA247.2**

**Tuesdays, 12:15 – 1:00 PM**

October 26 – December 14, (8 weeks)

Hannan Sultan, Instructor

**\$85 or two payments of \$42.50**

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

Admit it, you've always wanted to bellydance! Instructor Hannan Sultan invites you to delve into this ancient and alluring art form that gets your hips quaking and your body toned. This course - which is appropriate for new and returning bellydance students - will teach you a brand new choreography and exciting bellydance technique. You will learn to glide with grace, sinuously move your arms and torso, identify popular Middle Eastern rhythms, and create captivating shapes with your hips. This is a mixed level class for new beginners and returning students.

**10FA249.10**

**Tuesdays, 7:30 – 8:30 PM**

August 31 – October 19, (8 weeks)

Hannan Sultan, Instructor

**\$88 or two payments of \$44**

**10FA249.12**

**Tuesdays, 7:30 – 8:30 PM**

October 26 – December 14, (8 weeks)

Hannan Sultan, Instructor

**\$88 or two payments of \$44**



Hannan Sultan

**African Community Dance Class (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.)

**10FA240.1**

**Tuesdays, 6:00 – 7:30 PM**

September 7 – October 12, (6 weeks)

Normadien Gibson Woolbright, Instructor

**\$100 or two payments of \$50**

**Group Music**

**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.

**10FA741.1**

**Mondays, 8:00 – 9:00 PM**

August 30 – October 25, (8 weeks)

No Class September 6th

Luciano Suarez, Instructor

**\$90 or two payment of \$45**

**10FA741.2**

**Mondays, 8:00 – 9:00 PM**

November 1 – December 20, (8 weeks)

Luciano Suarez, Instructor

**\$90 or two payment of \$45**

**Guitar II (Ages 16 & up)**

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.

**10FA741.2**

**Mondays, 7:00 – 8:00 PM**

August 30 – October 25, (8 weeks)

Luciano Suarez, Instructor

**\$90 or two payments of \$45**

**10FA741.22**

**Mondays, 7:00 – 8:00 PM**

November 1 – December 20, (8 weeks)

Luciano Suarez, Instructor

**\$90 or two payments of \$45**

**Lunchtime Native American Flute and Meditation**

Have you always wanted to play an instrument? (Or, do you play and want to connect more with the music?) Play the way humankind started: with wind, breezes, breath. Take yourself back to a simpler time. Soothe your body with your breath. Soothe yourself and others with sound, a wind expression of your heart. Class starts with guided meditation, moves to learning about the flute, followed by another meditation and structured playing. The meditative atmosphere helps to quiet our minds, so our creative selves can be free to express themselves. Native Flutes will be available for you to use during the class. The instructor is generously donating her portion of the tuition to the Durham Arts Council.

**10FA750.1**

**Tuesdays, 12:00 – 12:45 PM**

September 14 – November 2, (8 weeks)

Erica Alexander, Instructor

**\$90 or two payments of \$45**

## 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.

**10FA221.7**

**Mondays, 7:00 PM – 8:00 PM**

August 30 – October 25, (8 weeks)

**NO CLASS SEPTEMBER 6TH**

LaShawn Jones, Instructor

**\$88 or two payments of \$44**

**10FA221.1**

**Mondays, 7:00 PM – 8:00 PM**

November 1 – December 20, (8 weeks)

LaShawn Jones, Instructor

**\$88 or two payments of \$44**

**10FA221.8**

**Tuesdays, 7:00 PM – 8:00 PM**

August 31 – October 19, (8 weeks)

Le’Brandi Johnson, Instructor

**\$88 or two payments of \$44**

**10FA221.81**

**Tuesdays, 7:00 PM – 8:00 PM**

October 26 – December 14, (8 weeks)

Le’Brandi Johnson, Instructor

**\$88 or two payments of \$44**



## Basic Modern Dance (Ages 15 & up)

Explore the freedom of full body motion through modern dance techniques of gestured phrases and release and recovery of weight while learning safe body alignment. This class will be a great place to gain bodily and mental strength and flexibility. Improvisation movement time will encourage personal expression. No experience is necessary for this course.

**10FA250**

**Wednesdays, 6:00 – 7:30 PM**

September 1 – October 20, (8 weeks)

Raina Racki, Instructor

**\$132 or two payments of \$66**

**10FA250.1**

**Wednesdays, 6:00 – 7:30 PM**

October 27 – December 15, (8 weeks)

Raina Racki, Instructor

**\$132 or two payments of \$66**

## Pilates for Peace of Mind (Ages 16 & up)

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.

**10FA292.3**

**Wednesdays, 6:30 PM – 7:30 PM**

September 1 – October 20, (8 weeks)

Adeline Sussman, Instructor

**\$90 or two payments of \$45**

**10FA292.4**

**Wednesdays, 6:30 PM – 7:30 PM**

October 27 – December 15, (8 weeks)

Adeline Sussman, Instructor

**\$90 or two payments of \$45**

## Inspirational Dance Aerobics (Ages 16 & up)

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!

**10FA222**

**Tuesdays, 6:00 PM – 7:00 PM**

August 31 – October 19, (8 weeks)

Le’Brandi Johnson, Instructor

**\$88 or two payments of \$44**

**10FA222.1**

**Tuesdays, 6:00 PM – 7:00 PM**

October 26 – December 14, (8 weeks)

Le’Brandi Johnson, Instructor

**\$88 or two payments of \$44**

## 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.

**10FA230.1**

**Tuesdays, 8:00 PM – 9:00 PM**

August 31 – October 19, (8 weeks)

Le’Brandi Johnson, Instructor

**\$88 or two payments of \$44**

**10FA230.2**

**Tuesdays, 8:00 PM – 9:00 PM**

October 26 – December 14, (8 weeks)

Le’Brandi Johnson, Instructor

**\$88 or two payments of \$44**



## 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. These classes are taught at the Durham Arts Council by MAD Academy instructors.

**10FA249.40**

**Thursdays, 6:30 PM – 7:30 PM**

September 9 – October 14, (6 weeks)

Curtis Bass, Instructor

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

**10FA249.41**

**Thursdays, 6:30 PM – 7:30 PM**

October 28 – December 9, (6 weeks)

**NO CLASS NOVEMBER 25TH**

Curtis Bass, 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. These classes are taught at the Durham Arts Council by MAD Academy instructors.

**10FA2487.2**

**Thursdays, 8:30 PM – 9:30 PM**

September 9 – October 14, (6 weeks)

Curtis Bass, Instructor

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

**10FA2487.21**

**Thursdays, 8:30 PM – 9:30 PM**

October 28 – December 9, (6 weeks)

**NO CLASS NOVEMBER 25TH**

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

**10FA248.2**

**Thursdays, 8:30 PM – 9:30 PM**

September 9 – October 14, (6 weeks)

MAD Academy - Debbie Ramsey, Instructor

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

**10FA248.21**

**Thursdays, 8:30 PM – 9:30 PM**

October 28 – December 9, (6 weeks)

MAD Academy - Debbie Ramsey, 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. These classes are taught at the Durham Arts Council by MAD Academy instructors.

**10FA249.42**

**Thursdays, 7:30 PM – 8:30 PM**

September 9 – October 14, (6 weeks)

Curtis Bass, Instructor

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

**10FA249.43**

**Thursdays, 7:30 PM – 8:30 PM**

October 28 – December 9, (6 weeks)

**NO CLASS NOVEMBER 25TH**

Curtis Bass, Instructor

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

## 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. These classes are taught at the Durham Arts Council by MAD Academy instructors.

**10FA248.40**

**Thursdays, 6:30 PM – 7:30 PM**

September 9 – October 14, (6 weeks)

Curtis Bass, Instructor

**\$70 for an individual**

**10FA248.41**

**Thursdays, 6:30 PM – 7:30 PM**

October 28 – December 9, (6 weeks)

**NO CLASS NOVEMBER 25TH**

Curtis Bass, Instructor

**\$70 for an individual**

## 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. These classes are taught at the Durham Arts Council by MAD Academy instructors.

**10FA248.3**

**Thursdays, 7:30 PM – 8:30 PM**

September 9 – October 14, (6 weeks)

Debbie Ramsey, Instructor

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

**10FA248.31**

**Thursdays, 7:30 PM – 8:30 PM**

October 28 – December 9, (6 weeks)

**NO CLASS NOVEMBER 25TH**

Debbie Ramsey, Instructor

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

