

## 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.

**09SU741.1**

**Mondays, 6:00 PM – 7:00 PM**

June 29 – July 20, (4 weeks)

Jamie Anderson, Instructor

**\$42**



## 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.

**09SU292**

**Wednesdays, 6:30 PM – 7:30 PM**

June 17 – August 5, (8 weeks)

Adeline Sussman, Instructor

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

## New! 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).

**09SU223**

**Wednesdays, 6:00 PM – 7:00 PM**

June 17 – August 5, (8 weeks)

Patti Rieser, Instructor

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

## 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.

**09SU248.4**

**Thursdays, 6:30 PM – 7:30 PM**

July 2 – August 6, (6 weeks)

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.

**09SU249.4**

**Thursday, 6:30 PM – 7:30 PM**

July 2 – August 6, (6 weeks)

Curtis Bass, Instructor (Debbie Ramsey)

**\$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!

**09SU248.3**

**Thursdays, 7:30 PM – 8:30 PM**

July 2 – August 6, (6 weeks)

Curtis Bass & Lydia Rijos, Instructor (Debbie Ramsey)

**\$70 for an individual**

**\$120 for a couple**



## 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.

**09SU221.8**

**Mondays, 7:00 PM – 8:00 PM**

June 15 – August 17, (10 weeks)

LaShawn, Instructor

**\$106 or two payments of \$53**



Le'Brandi Johnson

### 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.

**09SU248.2**

**Thursdays, 8:30 PM – 9:30 PM**

July 2 – August 6, (6 weeks)

Curtis Bass, Instructor (Debbie Ramsey)

**\$70 for an individual**

**\$120 for a couple**

### 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!

**09SU222**

**Tuesdays, 7:00 PM – 8:00 PM**

June 16 – August 18, (10 weeks)

Le'Brandi Johnson, Instructor

**\$106 or two payments of \$53**

### Dancing Like The Stars Sampler

(Ages 16 & up)

This is a ballroom sampler dance class in which we teach a new ballroom dance each two weeks. We cover Waltz, Foxtrot, and Cha Cha. No experience or partner necessary!

**09SU249.4**

**Thursday, 7:30 PM – 8:30 PM**

July 2 – August 6, (6 weeks)

Curtis Bass, Instructor (Debbie Ramsey)

**\$70 for an individual**

**\$120 for a couple**

### Basic East Coast Swing

(Ages 16 & up)

If you want to 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.

**09SU248.2**

**Thursdays, 8:30 PM – 9:30 PM**

July 2 – August 6, (6 weeks)

Debbie Ramsey, Instructor

**\$70 for an individual**

**\$120 for a couple**



### Bellydance Fitness

(Ages 16 & up)

Think that going to the gym is boring? Keep fit with this beautiful Middle Eastern dance. It's a fun low impact exercise perfect for all shapes, sizes and ages. We'll cover hip and shoulder shimmies, graceful turns, arm placements, upper body isolations and more. Geared toward beginners but great for more experienced dancers who want to polish up on the basics and stay in shape. Bring a large scarf for your hips. No formal dance training is required.

**09SU249.1**

**Mondays, 7:15 – 8:15**

June 29 – July 20, (4 weeks)

Jamie Anderson, Instructor

**\$42**

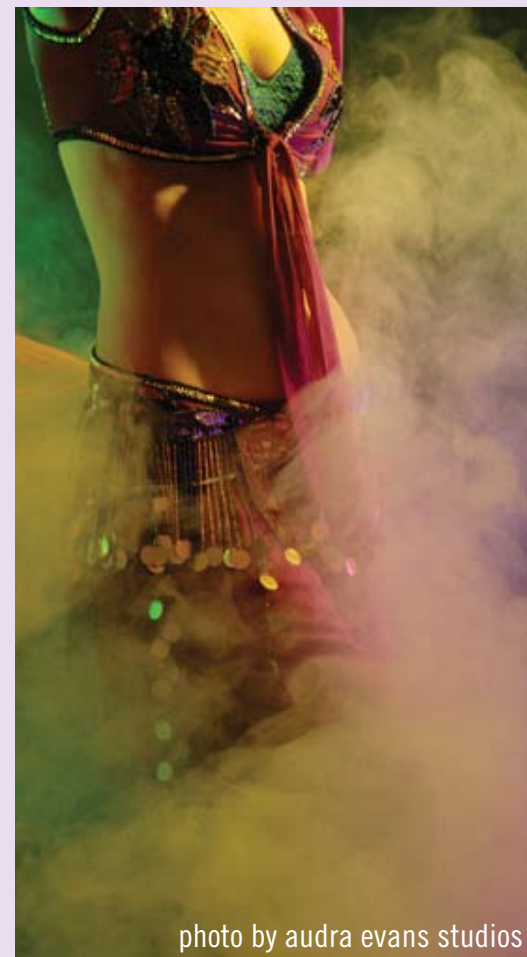


photo by audra evans studios