



Hanan Sultan

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 sweet and sassy bellydance choreography. 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.

10SU249.10

Tuesdays, 7:45 – 9:00 PM

June 15 – August 3, (8 weeks)

Hannan Sultan, Instructor

\$110 or two payments of \$55

Basic Modern Dance (Ages 15 & up)

Learn the basics of modern dance techniques such as safe body alignment, the release and recovery of weight and use of gestured phrases while we explore the freedom of full body motion. 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. Be prepared to work hard and enjoy yourself!

10SU250

Wednesdays, 6:00 – 7:30 PM

June 16 – August 18, (10 weeks)

Raina Racki, Instructor

\$132 or two payments of \$66 for 8 weeks

\$165 or two payments of \$82.50 for 10 weeks

Advanced Basic Modern Dance (Ages 15 & up)

Build upon the basics of modern dance techniques as we delve into more complex phrasing and greater use of floor work (off your feet), while reinforcing safe alignment and release and recovery of weight. Continue to gain physical and mental stamina as we leap, glide, roll and gesture. Improvisation time will encourage personal expression. One year of dance training is recommended for this course.

10SU250.2

Wednesdays, 7:30 – 9:00 PM

June 16 – August 18, (10 weeks)

Raina Racki, Instructor

\$132 or two payments of \$66 for 8 weeks

\$165 or two payments of \$82.50 for 10 weeks



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 or two yoga mats and a towel.

10SU292.3

Wednesdays, 6:30 PM – 7:30 PM

June 16 – August 4, (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!

10SU222

Tuesdays, 6:00 PM – 7:00 PM

June 15 – August 17, (10 weeks)

Le'Brandi Johnson, Instructor

\$112.50 or two payments of \$56.25

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.

10SU221.8

Tuesdays, 7:00 – 8:00 PM

June 15 – August 17, (10 weeks)

Le'Brandi Johnson, Instructor

\$112.50 or two payments of \$56.25

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

10SU249.40

Thursdays, 6:30 PM – 7:30 PM

July 1 – August 5, (6 weeks)

MAD Academy - 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.

10SU248.40

Thursdays, 6:30 PM – 7:30 PM

July 1 – August 5, (6 weeks)

MAD Academy - 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

10SU248.3

Thursdays, 7:30 PM – 8:30 PM

July 1 – August 5, (6 weeks)

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

10SU2487.2

Thursdays, 8:30 PM – 9:30 PM

July 1 – August 5, (6 weeks)

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

10SU249.42

Thursdays, 7:30 PM – 8:30 PM

July 1 – August 5, (6 weeks)

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

10SU248.2

Thursdays, 8:30 PM – 9:30 PM

July 1 – August 5, (6 weeks)

MAD Academy - Debbie Ramsey, Instructor

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

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.

10SU741.1

Mondays, 8:00 – 9:00 PM

June 7 – 28, (4 weeks)

Daniel Raimi, Instructor

\$45

10SU741.12

Mondays, 8:00 – 9:00 PM

August 2 - 23, (4 weeks)

Daniel Raimi, Instructor

\$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.

10SU741.2

Mondays, 7:00 – 8:00 PM

June 7 – 28, (4 weeks)

Daniel Raimi, Instructor

\$45

10SU741.22

Mondays, 7:00 – 8:00 PM

August 2 - 23, (4 weeks)

Daniel Raimi, Instructor

\$45

