

## 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.

**12W741.1**

**Tuesday, 5:00 – 6:00 PM**

January 17 – March 6, (8 weeks)

Luciano Suarez, Instructor

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

**12SP741.1**

**Tuesdays, 5:00 – 6:00 PM**

April 3 – May 22, (8 weeks)

Luciano Suarez, Instructor

**\$90 or two payment 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.

**12W750.1**

**Tuesdays, 12:00 – 12:45 PM**

February 7 – March 13, (6 weeks)

Erica Alexander, Instructor

**\$66**

## New! Ongoing Flute Circle

We will continue to deeply internalize musical fundamentals; add layers of ensemble playing; access creativity in a meditative atmosphere. Requirement: Lunchtime Native American Flute or permission of instructor.

**12W751.1**

**Tuesdays, 1:15 – 2:00 PM**

February 28 – March 13, (3 weeks)

Erica Alexander, Instructor

**\$33**

## Adult Dance

### Bellydance! (Ages 16 & up)

Admit it, you've always wanted to bellydance! Instructor Sagira 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.

**12W246.1**

**Tuesdays, 8:00 – 9:00 PM**

January 10 – February 28, (8 weeks)

Sagira, Instructor

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

**12SP246.1**

**Tuesdays, 8:00 – 9:00 PM**

March 27 – May 15, (8 weeks)

Sagira, Instructor

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

### 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.

**12W221.1**

**Tuesdays, 7:00 PM – 8:00 PM**

January 10 – March 13, (10 weeks)

Le'Brandi Johnson, Instructor

**\$110 or two payments of \$55**

**12SP221.1**

**Tuesdays, 7:00 PM – 8:00 PM**

March 27 – May 29, (10 weeks)

Le'Brandi Johnson, Instructor

**\$110 or two payments of \$55**

### Hip Hop in Heels Workshop

Get some sexy moves before Valentine's Day! This workshop will begin with a barefoot warm-up followed by a fun combination to be done in heels. Focus will be on the lines of the body, and developing the confidence to dance in heels. Some dance experience recommended; no sweatpants, please

**12W223.1**

**Saturday, 3:30 PM – 5:00 PM**

February 4, (1 day)

Le'Brandi Johnson, Instructor

**\$16**

## Beginner Hip Hop

Here is your chance to learn a basic street style movement vocabulary while increasing strength, flexibility and coordination. Learn combinations with an emphasis on 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. A cross trainer with a non-marking sole recommended and be prepared to sweat! No running shoes allowed.

**12W222.1**

**Tuesdays, 6:00 PM – 7:00 PM**

January 10 – March 13, (10 weeks)

Le'Brandi Johnson, Instructor

**\$110 or two payments of \$55**

**12SP222.1**

**Tuesdays, 6:00 PM – 7:00 PM**

March 27 – May 29, (10 weeks)

Le'Brandi Johnson, Instructor

**\$110 or two payments of \$55**

## Wedding Prep/Ballroom Sampler: Basic - Fox Trot and Waltz (Ages 16 & up)

In this Class you will learn how to move through the basic patterns of both Fox Trot and Waltz. If you are getting married, or someone you know is or you simply just want to learn how to dance beautifully then this is the class for you! No partner necessary.

**12W249.1**

**Thursdays, 6:30 – 8:00 PM**

January 26 – February 16, (4 weeks)

Curtis Bass, Instructor

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

**12SP249.1**

**Thursdays, 6:30 – 8:00 PM**

April 5 – April 26, (4 weeks)

Curtis Bass, Instructor

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

## Basic East Coast Swing (Ages 16 & up)

Rock and Roll your way to fun and fitness. This class will get your heart pumping while your feet are jumping! This fun dance is also called Bop or Jive or Swing, whatever you call it, IT'S FUN! No partner necessary.

**12W248.1**

**Thursdays, 8:00 – 9:30 PM**

January 26 – February 16, (4 weeks)

Curtis Bass, Instructor

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

**12SP248.2**

**Thursdays, 8:00 – 9:30 PM**

April 5 – April 26, (4 weeks)

Curtis Bass, Instructor

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