

## CLASSES FOR ADULTS

**All classes listed are for Adults 18+ except those labeled “Teen + Adult”. Teen + Adult classes permit Teens 15+. ALL AGES + SIZES ENCOURAGED.**

**If you are an absolute beginning dancer, or it has been many years, look for our ABSOLUTE BEGINNING courses. For “Beginning” everything else (Yoga, Zumba, Singing + Acting), just come to class and learn as you go! No stated level is open to all.**

**Pricing and Dress (and where to buy) will be sent to you when you inquire. Generally, classes range from \$15 - \$22/hr. College students with a valid ID receive an additional 20% discount.**

**It is recommended that you register for classes and come regularly. Registered students enjoy a 25% discount, and faster progress! Or, drop-in as you like with a class card.**

DAY	TIME	CLASS	INSTRUCTOR / NOTES
<b>MONDAY</b>	3:00 – 3:55	MOMMY BALLET WITH EVGENY!	Drop in for 25-55 mins
	6:15 – 7:10	YOGA	TWINING
	6:15 – 7:10	ZUMBA!	FARRIS
	7:15 – 8:45	Teen + Adult Adv Beg / Int Ballet	PORTER
	7:15 – 8:10	Teen + Adult Dance Like Beyonce	SHIPMAN
	7:15 – 8:10	Teen + Adult Contemporary Jazz	KING
	8:15 – 9:15	Teen + Adult Beginning Tap + Softshoe	SHIPMAN
	8:15 – 9:15	Teen + Adult Absolute Beginning Contemporary Jazz	KING / Two 8-week courses offered
<b>TUESDAY</b>	10:30 – 11:25	ZUMBA!	FARRIS
	3:00 – 3:55	Mommy Dance + Stretch	Drop In for 25 -55 min
	6:15 – 7:10	ZUMBA!	FARRIS
	6:30 – 6:55	Beginning Pointe	Adults may inquire
	7:15 – 8:10	Acting for TV + Film	Begins October
	7:15 – 8:10	SALSA BOOTCAMP!	6 week reg. courses
	7:15 – 8:10	Basic Ballet	Some background
	7:30 – 9:00	Int / Adv Jazz Tech + Theatre Dance	PORTER / Permission

<b>WEDNESDAY</b>	3:00 – 3:55	Mommy Dance + Stretch	Drop in for 25-55 min
	6:15 – 7:10	YOGA	TWINING
	7:15 – 8:10	Ballroom	SOLOMON
	7:15 – 8:10	Beginning Ballet	Approx 1st year level
	7:15 – 8:10	Beginning Singing + Acting	No background OK
	8:15 – 9:10	C+W Two-Step	SOLOMON
	8:15 – 9:10	Broadway Jazz	PORTER
	8:15 – 9:45	SALSA LESSON + PARTY!	No partner needed!
<b>THURSDAY</b>	10:30 – 11:25	ZUMBA!	FARRIS
	3:00 – 3:55	ZUMBA!	Drop In for 25-45 mins
	7:00 – 7:55	Teen + Adult Abs. Beginning Ballet	PORTER
	7:00 – 9:00	Ballet V – VII w/Pointe	WATSON / Permission
	7:15 – 8:10	Teen + Adult Tap II	LEVERTON
	7:15 – 8:10	Teen + Adult Beginning Modern	Any background OK
	8:15 – 9:15	Teen + Adult Abs. Beginning Jazz Survey	PORTER
	8:15 – 9:15	Teen + Adult Absolute Beginning Tap	LEVERTON
	8:00 – 10:00	PRIVATE INSTRUCTION	Call or write to book
<b>FRIDAY</b>	1:00 – 1:55	ZUMBA!	FARRIS
	3:00 – 3:55	ZUMBA!	FARRIS
	5:15 – 6:10	Private Ballroom / Wedding Instruction	Call or write to book
	6:15 – 6:45	PRIVATE INSTRUCTION	Call or write to book
	6:15 – 7:10	YOGA	B TWINING
	6:45 – 7:10	Beginning Pointe	Adults may inquire
	7:15 – 7:45	PRIVATE INSTRUCTION	Call or write to book
	7:15 – 8:00	Family Ballroom Lesson + Party	SOLOMON
	9:00 – 11:00	Adult Ballroom Lesson + Party	SOLOMON
<b>SATURDAY</b>	9:00 – 9:55	YOGA	B TWINING
	10:00 – 10:55	DANCE LIKE BEYONCE WORKOUT	Ages 15-Adult
	11:15 – 12:10	Teen + Adult Beginning Jazz	Any background OK
	11:00 – 11:55	LATIN CARDIO	Ages 15-Adult
	12:30 – 1:30	Teen + Adult Basic Ballet	Some background
	1:30 – 6:00	PRIVATE INSTRUCTION + Studio Rental	Call to book
<b>SUNDAY</b>	11:00 – 4:00	Private Instruction w/DCA Faculty	Call to book
	11:15 – 12:10	LATIN CARDIO	CERSOSIMO
	12:00 – 1:30	Advanced Beg / Intermediate Ballet	PORTER
	1:30 – 3:00	Advanced Inter/ Advanced Ballet	PORTER / Permission

**To sign up: Visit our CLASSES page to register online.**

**Or, write [info@ParkCitiesDance.com](mailto:info@ParkCitiesDance.com) or call 214. 597.6767**

