

**Adult Tap** (Age: 16 & up)

Would you like to have some fun while exercising your body and mind? You can develop style and rhythm while improving your balance, strength, and memory through dance. Learn classic tap steps and combinations in an enjoyable and stress-free environment! Tap shoes and comfortable clothing required. **PDNA** (ms)

Location: Oak View Center

Instructor: Gia Garofalo

<u>Code</u>	<u>Days</u>	<u>Date</u>	<u>Time</u>	<u>Res/NR</u>
305939-01	M	1/07-2/25	7:45-8:45P	\$80/\$98

Ballroom, Latin, Swing & Social Dancing (Age: 18 & up)

In this class you will learn the basics in the Waltz, Tango, Swing, Rumba, Fox Trot, and Cha Cha! You will also have the opportunity to learn Salsa, Disco, Merengue, Polka, a Line Dance or two, and Wedding dances, including the bride and groom's first dance! Slow dancing, Country & Western, and other requested dances will also be honored, time permitting. Join our experienced and very encouraging dance instructors for this 8-week session. Singles and couples are both welcome! **PDNA** (ms)

Location: Oak View Center

Instructor: John Bell, Maria Bell

<u>Code</u>	<u>Days</u>	<u>Date</u>	<u>Time</u>	<u>Res/NR</u>
305940-01	Th	1/10-2/28	7:30-9:00P	\$74/\$88

Irish Dance (Age: 3-12)

There's more to it than just the jig! Come and experience the lively, exhilarating, and captivating world of Irish Dance. Blackbird Academy of Irish Dance has over 20 years of experience instructing students in the art of Irish Dance. This introductory class is taught by Blackbird Academy instructors and former Midwest Champion dancers: Mary McQuillan, Eileen O'Neill, TCRG, and Stephanie Hughes-Gallagher. (An advanced student may assist) Please wear: shorts, workout pants, or leggings, t-shirt, socks, and light, soft-soled, flexible shoes to dance in. Socks must be worn at all times. Bring a water bottle with you to every class. **PDNA** (ms)

Location: Oak View Center

Instructor: Blackbird Academy

<u>Code</u>	<u>Days</u>	<u>Date</u>	<u>Time</u>	<u>Res/NR</u>
305943-01	Tu	1/08-3/19	5:30-6:30P	\$137/\$159



FITNESS CLASSES THAT COMBINE DANCE AND FUN!

Zumba (Age: 18 & up)

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be FUN AND EASY TO DO allowing Zumba participants to stick to the Zumba fitness program and achieve long-term health benefits. Zumba is a feel-happy workout that is great for both the body and the mind. **PDNA** (ds)

Location: Community Pavilion

Instructor: Rhonda Allan

<u>Code</u>	<u>Days</u>	<u>Date</u>	<u>Time</u>	<u>Res/NR</u>
307113-01	Su	1/06-3/03	11:00-11:55A	\$52/\$61
307113-02	Tu	1/08-3/05	10:30-11:25A	\$52/\$61
307113-03	Th	1/10-3/07	11:00-11:55A	\$52/\$61

BollyX (Age: 16 & up)

Come try out the newest fitness trend that is sweeping the nation! BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. This cardio workout will get you moving, sweating, and motivated, while burning between 500-800 calories each session! (ms) *\$5 off applies

Location: Oak View Center

Instructor: Laina VanDyke, Certified BollyX Instructor

<u>Code</u>	<u>Day</u>	<u>Dates</u>	<u>Time</u>	<u>Res/NR</u>
307230-01	Su	1/06-3/24	10:30-11:30A	\$69/\$81