

## **AAMC WEEKLY SCHEDULE**

For classes that require registration please contact the instructor directly.

Classes may change, for a current schedule and instructor info visit: [astoriaartsandmovement.com](http://astoriaartsandmovement.com)

Connect with us on: [facebook.com/AstoriaArtsandMovementCenter](https://facebook.com/AstoriaArtsandMovementCenter)

### **Monday**

9:30 - 10:30am **Zumba Dance Fitness** with Kim Postlewaite

5:30 - 7:00pm **Beginning/Intermediate Argentine Tango** with Estelle Olivares (please contact Estelle to [register](#))

7:00 - 8:00pm **Tap** with Marco Davis (public classes begin in January)

### **Tuesday**

8:30 - 9:30am **Zumba** with Tammy Loughran

6:00 - 7:00pm **Beginner West Coast Swing (Level 1)** with Rich Small

7:00 - 8:00pm **Intermediate West Coast Swing (Level 2)** with Rich Small

8:00 - 9:00pm **East Coast Swing (all levels)** with Rich Small

### **Wednesday**

8:30 - 9:30am **Zumba Dance Fitness** with Kim Postlewaite

10:00 - 11:15am **Gentle Yoga** with Terrie Powers (please contact Terrie to [register](#))

6:00 - 7:15pm **Belly Dance Basics** with Jessamyn Grace

7:15 - 8:15pm **Belly Dance Choreography** with Jessamyn Grace

### **Thursday**

8:30 - 9:30am **Zumba** with Tammy Loughran

5:30 - 6:30pm **Improv Team Sync (I.T.S.)- Team Style Belly Dance** with Julie Kovatch

6:30pm-7:30pm **Modern Fundamentals and Choreography** taught by Sparrow Dance Company Director Julia Gingerich

7:30pm-8:30pm **Advanced Modern Technique and Choreography** taught by Sparrow Dance Company Director Julia Gingerich

### **Friday**

10:00 - 11:15am **Gentle Yoga** with Terrie Powers (please contact Terrie to [register](#))

#### **Once a month Friday classes:**

7:00 - 10:00pm **Contra Dance** with Dave Ambrose and Live Music (currently on hold, start date tbd)

7:00 - 8:15pm **Dream Circles Ecstatic Dance** with Kimberly O'Bryant (currently on hold, start date tbd)

6:30 - 7:00pm **Ballroom Dance Lesson** with Rich Small (Last Friday)

7:00 - 10:00pm **Open Ballroom Dancing- Swing, Latin, Country Western 2-Step & Line Dancing** hosted by Rich Small (Last Friday)

### **Saturday**

10:00 - 11:00am **Hip Hop Dance Fitness** with Erin Carlsen

### **Sunday**

10:30am - 12noon **Dance Church** with Shanna Gillette (currently on hold, start date tbd)

2:30 - 3:30pm **West Coast Swing Level 2a- Beginning/Intermediate Transition** with Rich Small

7:00 - 9:00pm **Dragalution Rehearsal** with Daylight Cums (rehearsals currently on hold)