



CLASS DISCRIPTION

International Dance Lessons for Kids (Ages 6 and up)

Description: Kids will learn a proper warm up, stretch, technique, proper alignment, fun and creative movement, hand styling/gestures and build flexibility and self-esteem. Kids will also learn an easy-to-follow dance routine at the end of each class.

*All levels are welcome.

Salsa Class for Adults (Ages 18 and over)

Description: Learn basic Salsa terminology, proper alignment, gain strength, coordination, and rhythmic ability to master Salsa Dancing. Through movement this Salsa class will help you be a better partner: A good Leader and a Follower, to master partnering skills. You will also learn various Salsa footwork (shines), styling, patterns, which will help you be a better dancer on the dance floor.

ZUMBA (Open Level)

Description: Latin Inspired Dance Fitness Party: Merengue, Cumbia, Reggaeton, Salsa, Bachata, Cha-Cha, etc. The routines feature aerobic/fitness interval training with various combination of fast and slow rhythms that tone & sculpt the body. Zumba will give you a Healthy Heart, Stronger Muscles & Bones, Greater Mobility, help you to Lose Weight, relief your stress, and most of all you will get to interact and share the same passion with everyone in the same room.

Kids Armenian Lesson (Ages 6 AND Up)

Description: Learn the fundamentals of Armenian dancing. Master various leg movements, hand styling/gestures, correct posture and build strength and stamina. Adapt the basics of group dancing, solo work, and duets. This class will help the students understand the different types of Armenian Dances, through various formation changes. Students will also be able to master technique, discipline, and the ability to work as a team. With the different tempos of the music students will be able to role-play and become artistic dancers.

FOR MORE INFORMATION CONTACT: CONTACT NAME @ TELEPHONE