

2019-2020 Fall Classes

**Adults:**

Bling Shimmers (Mon/Wed 6:45-7:45p)

***Adult******Ballet Classes for Beginners/Intermediates***

This class is tailored for Adults who are beginners or who have taken Ballet in the past. Instruction can be given to accommodate either beginners or intermediates.

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Bling Glitzies (Thurs. 4:45-5:45p)

***Adult Barre Class***

A challenging class that combines Ballet with everyday exercises.

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Bling Razzles (Mon 11:00-12:00p)

***Adult Jazz for Beginners/Intermediates***

Have fun learning fun steps each week to piece the puzzle together to learn a full dance! Jazz is patterned after the Bob Fosse/Jerome Robbins type of Theatrical/Broadway dance. Meet new people while learning a fun dance to increase cardio/balance and have overall fun!!

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Bling Bedazzlers (Thurs 9:30-10:30a)

***Senior Adult Movement Class***

This age appropriate class improves balance and strengthens muscles while meeting other Seniors and having fun at the same time with some Ballet movement!