

## Beginner's Ballroom Class

### Description:

Never took a partner dance lesson before, but have always wanted to? Are you craving this new skill and wish more dance studios were open? This workshop is for you! We will be covering the basics of both ballroom and latin dances. You don't need a partner to learn. If you are shy, bring a friend and turn off the video during the zoom ;) This is a great way to get introduced to fun, and in my opinion, an essential life skill!

## Dance Fitness

### Description:

Love to feel fit? Us too! Dancers are some of the best "in-shape" people we know. This includes being healthy on the inside and out. There is something awesome that happens to our souls as endorphins are pumped up; guided by music. Add our genuine smiles, a little bit of sweat, and we have the perfect blend of happiness. Join us as we dance our way to personal fitness!

## Family Dance

### Description:

Looking for something fun to do with those kiddos you adore so much? Join us online for a 40 minute class where we will find our inner child as an adult and our kiddos will grow a positive self image as we learn to explore and express ourselves through dance. The benefits from this class go beyond the body; bringing new feelings of freedom and joy to all that attend with an .

## Technique Blast

### Description:

This is a life long, weekly class to help dancers become more aware of their bodies (inside and out). This class will consist of drills with a lot of repetition. All levels encouraged to attend!