

# A FROST DANCE

## E X P E R I E N C E

*a personalized dance experience in an exciting and encouraging environment*

### **Adult Classes**

Take a look at what we're offering and see if there's anything that catches your eye. Adult classes will not be in the recital so you don't have to worry about the stress of remembering choreography to perform.

#### **Adult Ballet – Monday 7:00 to 8:00pm**

Have you always dreamed of taking ballet classes but now feel like it's too late? Do you feel like you are too old to get into a leotard and ballet slippers? Think again. Class will consist of barre work for warming up and progress to the centre for bigger movements. Class will finish with a cool down and gentle stretching. Beginners and Intermediates welcome! Dress comfortably, yoga pants or leggings are great, you may wish to purchase ballet slippers.

#### **Adult Tap – Beginner/Intermediate – Wednesday 8:00 to 8:45pm**

Tap is fun way to exercise and is great for developing coordination, rhythm and concentration. This class will cover basic tap steps and simple combinations across the floor and in the centre. This class is for students with minimal to no experience or for those who haven't tapped in years. Wear a t-shirt or tank top with yoga pants, leggings or shorts. Tap shoes are required for this class

**Prices:** Our Adult classes are being offered on a 6 week cycle. Your only commitment is for 6 classes. Prices are as follows:

1 class/session -	\$70.00 plus HST
1 class/session if you have a student taking regular classes -	\$55.00 plus HST
2 classes/session -	\$120.00 plus HST

#### **Dates for Tap and Ballet Sessions:**

First Session	September 18 <sup>th</sup> to October 30 <sup>th</sup> (no classes on Mon. Oct. 9 <sup>th</sup> for Thanksgiving)
Second Session	November 6 <sup>th</sup> to December 12 <sup>th</sup>
Third Session	January 8 <sup>th</sup> to February 13 <sup>th</sup>
Fourth Session	February 26 <sup>th</sup> to April 10 <sup>th</sup>

#### **Zumba – Monday 7:00 – 8:00pm, Zumba starts Monday September 11<sup>th</sup> and runs weekly**

Moriah Goodman is a local dance teacher and would like to offer A Frost clients an awesome class to improve their fitness. Zumba is a fitness program that incorporates Latin and International music with dance movements. It combines fast and slow rhythms to create a dynamic workout. It is a unique balance of cardio, muscle toning, flexibility and fun! Zumba is for all levels, no dance experience necessary. Come to sweat and have some fun! Wear sneakers, bring water and a towel. The first class is \$10, after that it's \$12 or you can purchase a 6 week pass for \$60.