

Leaps, Turns, Jumps ***Ages 7 & up*** ***50 min.*** ***1 student \$45/mo.***

This is a pure technique class designed to help dancer's perfect jazz-based movements. Students will learn where to place arms, head, feet and legs as well as strength and conditioning exercises. Class will focus on leaps, turns and jumps in multiple dance disciplines such as but not limited to Ballet, Jazz, Lyrical, and Modern.

Musical Theater ***Ages 7 & up*** ***50 min.*** ***1 student \$45/mo.***

Deriving from Theater, this class will combine dialogue through music, speaking and dance movements. This class is a great option for students of all levels who want to explore role-playing and character development in dance. Students are taught to communicate various characters and stories through improvisation, dance and body expression. This is a great class where students can also work on enhancing their confidence and self-esteem.

Strength & Conditioning ***Ages 7 & up*** ***50 min.*** ***1 student \$45/mo.***

Students will focus on the use and improvement of core strength as well as other major muscle groups (arms, legs, back, etc.), as well as the conditioning of cardiovascular system focusing on gaining endurance and stamina. Class will use yoga based postures for deep stretching to compliment weight training to keep muscles elongated and work toward gaining flexibility, balance, and focus as well as strength and endurance. Several weight training devices will be used: medicine and stability balls, resistance bands, free weights and own body weight.

**** Student Discount for Multiple Classes ****

Second class is an additional \$35/mo.

Third-eighth classes are an additional \$29/mo.

Ninth class and above is FREE

(Discounts **do not** apply to classes that are less than 50 minutes in duration.)

Private Lessons ***All Ages*** ***50 min.*** ***1 student***
\$35 per class plus choreography fee (if applicable)

Private lessons are by special arrangement with the studio and the teacher. Because time must be set aside in advance, it must be scheduled through the office by reservation. If you schedule a private lesson and cannot be present at your reserved time for any reason, you will be charged for the lesson because the instructor and facilities will have been kept idle on your behalf.