



## 2019 ADULT Fall CLASS SCHEDULE

**ALL CLASSES ARE AT HELD AT OUR CREATIVE CENTER  
211 NE 10<sup>TH</sup> AVE (at Davis St)**

### MONDAY

10:00 to 11:30am Adult Ballet / Adv + Pro  
10:00 to 11:30am Adult Contemporary Modern / Intermediate - **NEW CLASS!**  
7:30 to 8:30pm Adult Rock Your Body® / Open

### TUESDAY

10:00 to 11:30am Adult Ballet / Adv + Pro  
10:00 to 11:30am Adult Ballet / Beginning Intermediate – **SEP 10 to DEC 10\***  
7:45 to 8:45pm Adult Jazz 101 / Beginners

### WEDNESDAY

10:00 to 11:30am Adult Ballet / Adv + Pro  
12:00 to 1:15pm Adult Hip Hop / Open – **SEP 11 to DEC 11\***  
6:30 to 7:45pm Adult Contemporary Jazz / Intermediate  
7:45 to 9:00pm Adult Ballet / Absolute Beginners Level 1 – **SEP 11 to DEC 11\***

### THURSDAY

10:00 to 11:30am Adult Ballet / Adv + Pro  
7:00 to 8:30pm Adult Ballet / Intermediate  
8:30 to 9:30pm Adult Hip Hop / Beginners

### FRIDAY

10:00 to 11:30am Adult Ballet / Adv + Pro

### SATURDAY

9:00am to 10:30am Adult Ballet / Beginners

### SUNDAY

12:15 to 1:15pm Adult Broadway Jazz / Open – **SEP 15 to DEC 15\***  
1:15 to 2:30pm Adult Hip Hop / Open  
2:30 to 3:30pm Adult Core Balance® = Yoga + Pilates + Ballet Stretch / Open – **SEP 29 to DEC 8\*\***  
3:30 to 4:45pm Adult Ballet / Absolute Beginners Level 1 – **SEP 15 to DEC 15\***  
4:45 to 6:00pm Adult Ballet / Absolute Beginners Level 2 – **SEP 15 to DEC 15\***

All Adult Classes are for dancers 13 years+ and available on a drop-in basis for \$17 (\$16 cash).  
No enrollment necessary - **You can join a class at any time.**

NW Dance Project offers three ways to save.

Discount Card – \$130 for 10 classes – Expires 2 months from purchase date.

Flex Card – \$150 for 10 classes – Expires 1 year from purchase date.

\*Session – \$170 – Take the same class for a term and save. Registration is required for discount.

\*\*Core Balance Session – \$140 – Registration is required for discount.

**MORE INFO + CLASS UPDATES: [nwdanceproject.org](http://nwdanceproject.org) / 503.421.7434 / [info@nwdanceproject.org](mailto:info@nwdanceproject.org)  
NW Dance Project is a registered 501(c)(3) not-for-profit organization**

# NW DANCE PROJECT

ARTISTIC DIRECTOR  
SARAH SLIPPER

## ABOUT NW DANCE PROJECT CLASSES

NW Dance Project holds dance classes for adults, teens and youth taught by a variety of instructors and coaches with years of professional experience in their dance disciplines. For beginners, classes are a fun way to get fit while gaining dance experience. For more experienced dancers, classes are more technical, advanced and challenging. All are welcome at **our Creative Center at 211 NE 10<sup>th</sup> Ave!**

Make sure to bring your water bottle and have fun!

### BALLET

Our ballet classes provide a basic grounding in basic ballet fundamentals and technique. Placement, balance, posture, coordination, musicality and alignment are clearly explained and emphasized. These classes offer a comprehensive barre and continue into focused and structured center exercises.

Level: Absolute Beginners to Professional

### CONTEMPORARY JAZZ

Our Contemporary class is designed to improve technique, flexibility, stamina and artistry. Proper technique will be used as a departure point from which students will take risks and explore the freedom found within contemporary movement. Contemporary Jazz class fuses jazz, ballet, and world dance influences. This class combines core strength, precision leg work with an ease and fluidity in the torso.

Level: Intermediate

### Contemporary Modern

Contemporary Modern incorporates many of the foundations of modern dance technique, including floor work, suspension and release, fall and recovery, the use of momentum and connecting breath with movement.

Level: Intermediate

### JAZZ 101

These soulful classes develop a strong technical foundation focused on lowering the dancers' center of gravity and syncopating movement. Classes focus on proper alignment, emphasize the relationship between music and movement and help dancers connect to feeling movement from the inside out.

Level: Beginners

### BROADWAY JAZZ

These uplifting and energetic classes develop a strong foundation in jazz basics. Get your body moving to classic Broadway and musical theater show tunes.

Level: Open

### CORE BALANCE® = Yoga + Pilates + Ballet Stretch

This energizing class combines elements of yoga and Pilates with ballet stretch components. The ballet barre, yoga blocks, and resistance bands are often used to support the development of core strength, ease and openness in the joints and a flexible, well-balanced body. Suitable for all dancers and fitness enthusiasts. Yoga or fitness mat suggested.

Level: Open

### HIP HOP

This class introduces street dance styles that help improve flexibility, rhythm, musicality and coordination. A fresh, funky and soulful expression of movement that is constantly evolving and a great, fun workout for all dance enthusiasts.

Level: Beginners / Open

### ROCK YOUR BODY®

Do you want to have fun and get fit? Join us for this lively dance class with upbeat grooves from the past to present. This energetic and energizing class will take you on a journey through stylized jazz, contemporary, hip-hop, salsa, afro-funk and body sculpting. Exhilarate your mind, body and spirit and ROCK YOUR BODY.

Level: Beginners / Open