



**2020 ADULT FALL CLASS SCHEDULE
SEPT 14 to DEC 6**

MONDAY

6:15pm – 7:15pm Rock Your Body[®] / Open
with Franco Nieto

TUESDAY

6:15pm – 7:15pm Jazz 101 / Beginners
with Maria Tucker
7:30pm – 8:45pm Ballet / Beginners
with Jeff George

WEDNESDAY

6:30pm – 7:45pm Contemporary Jazz / Intermediate
with Franco Nieto

THURSDAY

7:15pm – 8:15pm Hip Hop / Beginners
with Izzy Holmes

SATURDAY

9:00am to 10:30am Ballet / Beginners
with Casey Davenport

SUNDAY

12:15pm – 1:15pm Broadway Jazz / Open
with Jeff George
1:30pm – 2:30pm Hip Hop / Open
with Maricella Devine
2:00pm – 3:15pm Ballet / Absolute Beginners Level I
with Ella Matweyou

All Adult Classes are for dancers 13 years+
\$10 for Virtual Zoom Drop-In
\$20 for In Studio Drop-in

**Register for class at least 30 minutes prior to the start time
register.nwdanceproject.org**

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



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 10th 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

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

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