

Adult Classes

ADULT CLASSES

Adults looking for class in ballet, tap, jazz or hip hop can attend any of the above open classes.

Other Adult Classes

Core Conditioning (adults)

This class is a full body workout incorporating exercises for your abdominal muscles, arms, legs and more. This class is primarily focused on mat pilates and yoga. No experience necessary.

What to wear - Comfortable clothing and bare feet. Please bring a mat and towel.

Dance Aerobics (adults)

Please join us for a great workout. This is a fun class, geared toward adults who just want to move, groove, and dance while burning calories! Music and dance will include different styles of jazz, hip-hop, etc.

What to wear - Comfortable clothing and CLEAN athletic shoes.

Intro to Ballroom (adults)

This is a great class to meet people, get in shape, prepare for a wedding or just have some fun. We will be offering a variety of styles: waltz, foxtrot, swing, etc. We can also choreograph a routine for you and your fiancée' for your wedding or special event. No partners required! Classes run in 6-week sessions or private lessons.

What to wear - Comfortable clothing and smooth bottom shoes that allow for spinning (not athletic shoes).

NEW Fall Class Coming!!! - Zumba!!!!