

# Annapolis Dance Factory

Additional Dance Classes start November 2<sup>nd</sup>

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am	9:30 Yoga <i>Marie</i>				9:30 Yoga <i>Marie</i>		
10	Intro to Dance <i>Jessica</i>	Intro to Dance <i>Jessica</i>	Intro to Dance <i>Jessica</i>	Yoga Bugs <i>Doreen</i> Intro to Dance <i>Jessica</i>	Intro to Dance <i>Jessica</i>	Jazz (any age) <i>Jessica</i>	Hip-Hop (any age) <i>Jessica</i>
11	Yoga for Mommy and Me <i>Marie</i> Tap (any age) <i>Jessica</i>	Lyrical (any age) <i>Jessica</i>	Hip-Hop (any age) <i>Jessica</i>	Yoga Sticks <i>Doreen</i> Jazz (any age) <i>Jessica</i>	Tap (any age) <i>Jessica</i>	Lyrical (any age) <i>Jessica</i>	Jazz (any age) <i>Jessica</i>
12pm							
1	Jazz (any age) <i>Jessica</i>	Tap (any age) <i>Jessica</i>	Lyrical (any age) <i>Jessica</i>	Hip-Hop (any age) <i>Jessica</i>	Jazz (any age) <i>Jessica</i>	Hip-Hop (any age) <i>Jessica</i>	Tap (any age) <i>Jessica</i>
2	Hip-Hop (any age) <i>Jessica</i>	Jazz (any age) <i>Jessica</i>	Tap (any age) <i>Jessica</i>	Lyrical (any age) <i>Jessica</i>	Hip-Hop (any age) <i>Jessica</i>	Tap (any age) <i>Jessica</i>	Lyrical (any age) <i>Jessica</i>
3	Lyrical (any age) <i>Jessica</i>	Hip-Hop (any age) <i>Jessica</i>	Jazz (any age) <i>Jessica</i>	(Hula) Hooping <i>Stacey</i> Tap (any age) <i>Jessica</i>	Lyrical (any age) <i>Jessica</i>		
4				Dance with Me <i>Stacey</i>			
5							
6							
7	7:15 Adult Salsa <i>Mathew</i>					7-9 Open Dance (dates to be announced) **	
8	8:15 Adult Tap <i>Mathew</i>			8:30 Belly Dancing <i>Anon</i>			
9	9:15 Adult Hip- Hop <i>Mathew</i>						

Classes subject to change

10-29

1358 Cape St. Claire Road, Annapolis / 410- 757-0599

[www.annapolisdance.com](http://www.annapolisdance.com)

## Class Descriptions:

**Adult Tap** Ages 16+: Learn Tap... with a Broadway Flair!!!!

**Belly Dancing** Ages 16+: If you can't have fun in this class, something is wrong with you! One of the earliest forms of dance that is still with us today!

**Dance with Me** Ages walking-4: Parents and Children learn basic techniques of dance without the pressure of "getting it right". Themed classes keep everything new and music that is fun for parents as well as kids!!!

**Adult Swing:** Ages 16+: an hour class that offers more than just a cardio workout but weight lifting!!! Partner up with a friend for more fun!!!!

**Adult Salsa:** Ages 16+: FUN, FUN, and FUN!!! Get your "groove back" with this "hip dance"!!!! MEN – this is the dance you want to learn!!!!!!

**Yoga Bugs** Ages 3-7: 45 minute class that takes children through a story using their bodies and imagination as the story board.

**Yoga Sticks** Ages 6-10: 45 minute class that incorporates more advance poses and a balance stick for extra "stability".

**Hoopng** All Ages: 45 minute class to work those core muscles using a hula hoop!

### Look for these classes starting soon!

**Yoga 4 Kids** Ages 3-10: 45 minute class that works your muscles and your mind!

**Modern (Beginner, Intermediate and Advanced)** Ages 10+: Learn the techniques and vocabulary of modern dance as an expressive

art form, emphasizing floor work, body alignment and choreography.

**Pilates** Ages 14+: Learn what techniques and stretches the dancers do to stay fit!

**Jazz** Ages 16+: A technique class that combines traditional jazz with the ever changing styles of today. Each class consists of a warm up, across the floor progressions and upbeat dance combinations. This class is high energy for anyone who wants to have fun!

**\*\*Open Dance:** Studio is open to the public to dance to their favorite tunes! Great way to showcase and network! \$\$ AT THE DOOR

### Classes are \$100 for a 1 class - 8 week session

**(\*\*unless otherwise noted) or purchase a PUNCH CARD for \$110. Pays for 8 classes of your choosing and has no expiration date!**