



Adult Class Genre Descriptions

Tap

Tap uses one's shoes as a percussive instrument. Classes are classic style, focusing more on the dance side of this form of dance rather than the musical/percussive side. Technique and form along with good posture are emphasized. Routines are developed throughout the semester. Tap students are invited to participate in the annual Shuffle Exchange.

Jazz

Jazz is a dance form that originated in the US in the early part of the 20th century, drawing from jazz rhythms and techniques, isolating various parts of the body in movement. It evolved onto stage and screen with choreographers such as Katherine Dunham and Bob Fosse. The influence of jazz can be seen on the ballet stage.

Theater Dance

This class features a technique warm-up combining ballet and classic jazz followed by traveling combinations with choreography. This class is designed for students and above who wish to improve their theatrical skills.

Hip Hop

Hip-hop dance refers to dance styles primarily danced to hip-hop music. More than 30 years old, hip-hop dance became widely known after the first professional crews formed in the 1970s. Hip-hop dancing evolved from breaking and funk styles into different forms. These styles were developed by technically trained dancers who wanted to create choreography for hip-hop music from the hip-hop dances they saw being performed on the street. Because of this development, hip-hop dance is now practiced at both studios and outside spaces.

Contemporary / Modern

Modern Dance is a free, expressive style of dance that incorporates ballet technique as well as exploring the play of movement - fall and recover, contraction and release, toward and against gravity, balance and off-balance.

Contemporary dance uses dance techniques and methods found in ballet, and modern dance, and it also draws from other philosophies of movement that are outside the realm of classical dance technique.

Pilates

Pilates, originally designed to help injured dancers, increases the strength, flexibility and control of the body, building flexibility and endurance in the legs, abdominals, arms and back. The exercises emphasize the balanced development of the body through core strength, flexibility, control and awareness in order to support efficiency of movement. This class is great for core and full body workout for dancers and non-dancers alike.

Pilates with props is not for beginners, previous Pilates or dance experience required. Props used are rings, balls and gliders.

Zena Rommett Floor Barre

The Zena Rommett Floor-Barre Technique® is a gentle and highly-effective method for correcting and refining body alignment, building muscular strength and length, strengthening joints and increasing vitality and artistic expression. Taught by a certified Rommett Floor Barre teacher, class begins with students stretched on the floor and proceeds with gentle exercises. This class is great for dancers, actors, singers, or those needing help rehabilitate injuries without the pressure of gravity of traditional standing-barre exercises.

Flex-Stretch

Proper stretching increases flexibility, joint range of motion, improves circulation and posture, and relaxes tight tense muscles resulting from stress or exercise such as jogging and weight lifting.

Cardio Barre

Cardio Barre will be a low impact high intensity exercise for young and old. Everyone sweats. You will be standing at the barre and do barre exercises, sometime with weights, sometimes with balls, then floor exercise on the floor. We strongly recommend this class for people coming back from injury as it is a low impact exercise without jumping etc.

Conditioning for Ballet

Conditioning for Ballet specifically works, stretches and strengthens the muscles for ballet. We use props (flexi balls, Bender Balls, therabands etc.) It would certainly help for beginning ballet class. Most students do the class barefoot in loose fitting clothes.