

**Discover Series: Learn Something New or Discover an Old Favorite
(Pre-Registration Required)**

One Studio Discover Series are 4 week classes designed for beginners to introduce a style of dance, yoga, and/or tai chi in an easy going atmosphere.

Hip Hop: Introduction to Hip Hop dance. No experience necessary! Learn some basic hip hop moves set to the latest grooves!

Tues, 7:30-8:30pm, 10/6, 10/13, 10/20, 10/27 with Jenni Santos.

African Dance: Learn the traditional dance moves and rhythms of West Africa. This high energy class has live drumming and is a whole body workout!

Fri, 7:00-8:00pm, 10/30, 11/6, 11/13, 11/20 with Jordan Mensah.

Tai Chi: Students will be introduced to a sequence of movements done slowly and without effort that balance the flow of energy within the body. Tai Chi requires no special clothes or equipment, keeps you on your feet, takes only a few minutes a day, can be learned at any age, and builds internal health.

Tues, 7:30-8:30pm, 11/3, 11/10, 11/17, 11/24 with Alan Erdossy.

Swing: We will cover the basic through intermediate footwork and partnering of East Coast style American Swing. Turns, kicks and great music to groove to! Come join us! Singles and couples are both encouraged to attend.

Fri, 7:00-8:00pm, 1/8, 1/15, 1/22, 1/29 with Taryn Noelle.

Ballet Barre: Ballet barre is a great way to strengthen, hone and develop lean muscles in the legs, core and upper body. Centuries old Classical Ballet technique starts here, at the Barre, for every ballet dancer. Even if you are new to ballet, this is a great workout! You'll learn awareness of the body through repetition of movement, musicality, and expression. Get a taste of what it is like to be a ballet dancer no matter what age or level you are at!

Tues, 7:30-8:30pm, 1/12, 1/19, 1/26, 2/2 with Katie Flindall.

Tap: Always wanted to try tap but never got around to it? Tapped as a kid but that was a long time ago? Come have fun with us as we tap our way into spring!

Tues, 7:30-8:30pm, 3/9, 3/16, 3/23, 3/30 with Annelies McVoy.

Yoga Flow: In this introduction to yoga flow, you will learn the foundation of a yoga practice including postures, deep breathing techniques, and alignment. Emphasis on connecting your moving body to your breath. Benefits include feeling calm and centered; increase in flexibility and strength; and an overall increase in well being.

Tues, 7:30-8:30pm, 4/6, 4/13, 4/27, 5/4 with Kate Greenleaf.