

DAY	TIME	START DATE	CLASS	DROP-IN PRICE (Class Packages Available)	INSTRUCTOR	LOCATION
Mon	9:30-11 am	Sep 2-Dec 2	<i>New Dialect Morning Class</i> Embodying Relationships: Open Level	\$12 <i>Class Packages Available</i>	Erin Law	CPAS, Studio A
Mon	10-11:30 am	Aug 12-Dec 16	Ballet: Open Level Int/Adv	\$10 <i>Class Packages Available</i>	Andrea Greene	CPAS, Studio B
Mon	1-2:30 pm	Sep 9-Nov 18	Dance for Boomers	\$100 / Fall Session <i>No drop-in available</i>	Jamie London	CPAS, Studio B
Mon	6-7 pm	Aug 12-Dec 16	Afro-Contemporary: Open Level	\$5	Windship Boyd	Hadley Dance Studio
Tue	9:30-11 am	Sep 3-Dec 10	<i>New Dialect Morning Class</i> Contemporary Forms: Advanced	\$12 <i>Class Packages Available</i>	James Barrett	CPAS, Studio A
Tue	12-1:30 pm	Sep 3-Dec 10	<i>Epiphany Company Class</i> Modern: Open Level	\$12	Lisa Spradley and Guests	CPAS, Studio B
Tue	5-6 pm	Aug 6-Dec 17	Tai Chi	\$3	Jen-Jen Lin	Coleman Dance Studio
Tue	6-8:15 pm	Ongoing	International Folk Dance	\$3 <i>Class Packages Available</i>	Nashville International Folk Dancers	McCabe Dance Studio
Tue	7-8 pm	Aug 13-Dec 17	Afro-Contemporary: Open Level	\$5	Windship Boyd	Sevier Dance Studio
Wed	9:30-11 am	Sep 4-Dec 11	<i>New Dialect Morning Class</i> Ballet + Conditioning: Advanced	\$12 <i>Class Packages Available</i>	Mary Ruth Isbell	CPAS, Studio A
Wed	10-11:30 am	Aug 14-Dec 18	Ballet: Open Level Int/Adv	\$10 <i>Class Packages Available</i>	Andrea Greene	CPAS, Studio B
Wed	10-11 am	Aug 7-Dec 18	Tai Chi	\$3	Jen-Jen Lin	Sevier Dance Studio
Wed	11:30 am-12:30 pm	Aug 14-Dec 18	Tap: Open Level Int/Adv	\$10 <i>Class Packages Available</i>	Shirley Blackburn	CPAS, Studio B
Wed	6:15-7:15 pm	Aug 14-Nov 20	Pilates: Beginning	\$10 <i>Class Packages Available</i>	Kari Gregg	CPAS, Studio C
Wed	7-8 pm	Ongoing	Dance Fit	\$3	Andrea Howat, Kat Mathis, Mallory Mundy	Sevier Gym
Thu	9:30-11 am	Sep 5-Dec 12	<i>New Dialect Morning Class</i> Contemporary Forms: Advanced	\$12 <i>Class Packages Available</i>	David Flores	CPAS, Studio A
Thu	12-1:30 pm	Sep 5-Dec 12	<i>Epiphany Company Class</i> Modern: Open Level	\$12	Lisa Spradley and Guests	CPAS, Studio B
Thu	6:30-7:30 pm	Sep 5-Nov 21	Open Level Yoga: Strength + Discovery	\$10 <i>Class Packages Available</i>	James Barrett	CPAS, Studio C
Thu	7-8 pm	Ongoing	Dance Fit	\$3	Andrea Howat, Kat Mathis, Mallory Mundy	Sevier Dance Studio
Fri	9:30-11 am	Sep 6-Dec 13	<i>New Dialect Morning Class</i> Guided Improvisation: Open Level	\$12 <i>Class Packages Available</i>	Rebecca Steinberg	CPAS, Studio A
Fri	10-11:30 am	Aug 16-Dec 20	Ballet: Open Level Int/Adv	\$10 <i>Class Packages Available</i>	Augusto Cesar Francisco da Silva	CPAS, Studio B
Fri	10:30 am-12 pm	Aug 16-Oct 4 Oct 18-Nov 22	Dancing with Parkinson's	Free	Julia Marx	Sevier Dance Studio
Sat	10-11 am	Aug 17-Nov 16	Movement + Stretch	\$10 <i>Class Packages Available</i>	Erin Styron	CPAS, Studio B
Sat	10:30-11:30 am	Ongoing	Dance Fit	\$3	Andrea Howat, Kat Mathis, Mallory Mundy	Sevier Gym

**LOCATIONS:**

**CPAS** = Centennial Performing Arts Studios • 211 27th Ave North  
**Sevier** = Sevier Park Community Center • 3021 Lealand Lane  
**McCabe** = McCabe Park Community Center • 101 46th Ave North  
**Hadley** = Hadley Park Community Center • 1037 28th Ave N  
**Coleman** = Coleman Park Community Center • 384 Thompson Lane

**Afro-Contemporary:** Join Windship Boyd to explore together different dances from West Africa and then adapt them to a more afro-contemporary style over the course of the semester. All levels welcome.

**Ballet:** Come join us and dance in a welcoming environment to further your ballet enjoyment. Students should have experience in ballet and the ability to modify movements as needed to suit their level of experience. Classes include live piano accompaniment.

**DanceFit:** DanceFit is a medium-to-high intensity, dance-based cardio fitness class that's FUN. Experience a challenging workout in a positive and encouraging environment with easy-to-follow choreography and a pop music playlist. Check calendar for monthly Friday Night Dance Jams.\*

**Dance for Boomers:** Dance for Boomers is a new initiative developed by Jamie London in partnership with Metro Parks to provide formal structured dance classes and performance opportunities for individuals over the age of 50, whether a retired professional or new to dance. Classes will be offered in multiple genres including modern, jazz, tap, and ballet.

**Dancing with Parkinson's:** This class engages the body, mind, and spirit in dance and movement designed to address the challenges of living with PD. With no prior dance experience required, you will learn to move to music in ways which are fun and easy to pick up. Dances provide practice with balance, flexibility, mobility, coordination, creative thought, and relaxation. All activities can be done standing or seated. Individuals with Parkinson's and their partners and caregivers are welcome!

**International Folk Dance:** Enjoy learning new and reviewing old favorite international folk dances from Albania, Armenia, Assyria, Azerbaijan, Brittany, Bulgaria, Canada, Croatia, Czech Republic, France, Greece, Hungary, Israel, Lebanon, Macedonia, Poland, Romania, Russia, Scandinavian countries, Serbia, Slovakia, Turkey, Ukraine. First visit is free. Drop in for \$3 or sign up for the trimester for \$40.

**Modern (Epiphany Company Class):** Epiphany's open class for intermediate to advanced dancers is a modern class following a ballet class progression. A wide range of music is carefully chosen to inspire movement, very often connecting to a theme or choreographic mood currently being explored by the company. Added layers of experience are introduced by researching information drawn from contemporary techniques such as Gaga or CounterTechnique and even Pilates. Occasional improvisation tasks from Pilobolus, Contact Improvisation, Wayne McGregor/Random Dance and several other sources are also on the menu.

**Movement and Stretch:** Wake up your body with an open level movement and stretch class. Blending styles of Yoga, Pilates, Ballet, and Contemporary, this class is a relaxing way to incorporate low impact, core strengthening movement, and stretch major muscle groups of your body.

**New Dialect Company Classes:** Join New Dialect in exploring a diverse range of contemporary dance concepts, vocabularies, and techniques. Classes are designed for people of all abilities ages 16+. No previous experience is required to participate in Open Level sessions. All skill levels and abilities are welcome. Advanced classes are designed for experienced and professional movers.

**Pilates:** The exercises created by Joseph H. Pilates use muscle control, breathing techniques, imagery and postural alignment to strengthen the entire body. There is an emphasis on range of motion, as well as intensive work on abdominal muscles. This beginning Pilates class provides an encouraging, informative environment for beginning students to work on the foundational exercises of the technique. For the dancer and non-dancer alike, these classes are an important part of overall health and wellness. Pilates emphasizes a mindful approach to movement, focusing on increased flexibility, strength, and use of breath. This class proves to be a great addition to any fitness program or as a supplement to a dance practice.

**Tai Chi:** Tai Chi moves slowly and gently with a calm mind, sometimes called meditation in motion. It applies the theory of yin and yang and strives to balance the body and mind. Learn basic breathing, standing, walking and beginning level Tai Chi movements.

**Tap:** Learn and practice classic tap vocabulary including Maxie Fords, Buffalos, riffs and much more to develop a boldness of sound, a strong sense of rhythm and musical phrasing. 2 years of recent experience required.

**Open Level Yoga: Strength and Discovery:** This open level class will use basic yoga principals and simple core-strengthening exercises to guide participants through an hour-long movement meditation. With a "dancer's approach" we will work to find a deeper, more personal meaning in our practice.

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**\*Monthly Dance Fit Friday Night Dance Jams**

Get your groove on with our new monthly Friday night dance jam! \$5 for 90 minutes of easy-to-follow Dance Fitness choreography set to the best playlist in town! \$10 for two hours of decade-themed fun!

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**METRO DANCE CLASS CARDS (Applicable to \$10 Classes) 10-class card - \$80; Seniors 62+ Drop-in - \$3 / 10-class card - \$20  
NEW DIALECT CLASS CARDS: 5-class card - \$50; 10-class card - \$100 Good through December 2019**

**FEES:** Fees are due before class. Payment is taken at the class location. We accept cash, checks made out to **Metro Parks**, or credit/debit cards. There is a 2.3% transaction fee added to all credit/debit transactions.

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**QUESTIONS? Call 615.862.8439 • E-mail [Kathryn.Wilkening@nashville.gov](mailto:Kathryn.Wilkening@nashville.gov)**