



# ADULT DANCE CLASSES (15 yrs+)

## JANUARY-MAY, 2019 [\(view daily class schedule\)](#)

DAY	TIME	START DATE	CLASS	DROP-IN PRICE <small>(Class Packages Available)</small>	INSTRUCTOR	LOCATION
Mon	10-11:30 am	Jan 7	Ballet: Open Level Int/Adv	\$10	Andrea Greene	CPAS, Studio A
Mon	6-7 pm	Jan 14	Afro-Contemporary: Open Level- <b>NEW!</b> <i>First Mon of the month with live drums</i>	5 \$10	Windship Boyd	Hadley Dance Studio
Tue	6:30-7:30 pm	Jan 8	Open Level Yoga: Strength and Discovery	\$10	James Barrett	CPAS, Studio C
Tue	12-1:30 pm	Jan 15	Modern (Epiphany Company Class)	\$12	Lisa Spradley and Guests	CPAS, Studio B
Tue	6-8:15 pm	Jan 8	International Folk Dance	\$3	Nashville International Folk Dancers	McCabe Dance Studio
Tue	7-8 pm	Jan 8	Afro-Contemporary: Open Level	\$5	Windship Boyd	Sevier Dance Studio
Wed	10-11:30 am	Jan 9	Ballet: Open Level Int/Adv	\$10	Andrea Greene	CPAS, Studio A
Wed	10-11 am	Jan 9	Tai Chi	\$3	Jen-Jen Lin	Sevier Dance Studio
Wed	7-8 pm	Jan 2	Dance Fit	\$3	Andrea Howat, Kat Mathis, Mallory Mundy	Sevier Gym
Wed	11:30 am-12:30 pm	Jan 9	Tap: Open Level Int/Adv	\$10	Shirley Blackburn	CPAS, Studio B
Thu	12-1:30 pm	Jan 17	Modern (Epiphany Company Class)	\$12	Lisa Spradley and Guests	CPAS, Studio B
Thu	7-8 pm	Jan 3	Dance Fit- <b>NEW!</b>	\$3	Andrea Howat, Kat Mathis, Mallory Mundy	Sevier Dance Studio
Fri	10-11:30 am	Jan 11	Ballet: Open Level Int/Adv	\$10	Erin Kouwe	CPAS, Studio A
Fri	1-2:30 pm	Jan 11	Dancing with Parkinson's	Free	Julia Marx	CPAS, Studio B
Sat	10:30-11:30 am	Jan 5	Dance Fit	\$3	Andrea Howat, Kat Mathis, Mallory Mundy	Sevier Gym

**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. The first Monday of each month includes live drumming.

**Ballet:** Come join us and dance in a welcoming environment to further your ballet enjoyment. No ballet experience necessary for the beginning level. For the Open Level Int/Adv classes, students should have experience in ballet and the ability to modify movements as needed to suit their level of experience. Live piano accompaniment Mon/Wed/Fri at CPAS.

**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.\*

**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.

**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!

**Upcoming Events • Jan 11 • 5:45-7:15 pm**

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**CLASS CARDS** (*Applicable to \$10 Classes*) **Drop-in: \$10 / 10-class card: \$80; Seniors 62+ Drop-in: \$3 / 10-class card: \$20**

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**QUESTIONS?** Call **615.862.8439** • E-mail **Kathryn.Wilkening@nashville.gov**

**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

**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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