

# DANCE DIMENSIONS SCHEDULE -Jan '20

Children's dance classes run September 2019- May 2020 (unless noted)

Private lessons, Personal Fitness Training and Wedding Dance always available.

## Monday

8:30-9:30am Yoga-inspired Morning Fitness  
5:00-5:45 Creative Ballet & Modern (Grades 1-4)

### ***These Mon. classes are registering***

We will begin soon- **sign up NOW!**

\*\*3:30-4:15 Creative Dance (3-5yrs)

\*\*6:30-7:30 Jazz Dance Jam (Jazz-inspired fitness) (Teen/Adult)

*~Exciting NEWS!* Mondays beginning Jan. 20  
Dance Dimensions in Swampscott at Reach Arts  
6:30-7:30 Creative Modern & Ballet (Teen/Adult)

## Tuesday

3:30-5:30 TBA  
7:00-8:00 Stretch & Tone

## Wednesday

8:30-9:30am Yoga-inspired Morning Fitness

**\*\*NEW! Sign up NOW! Starts Wed. Jan 22 with sufficient registration.**

\*\*3:30-4:15 Boys & Girls Jump & Move! (Ages 4-6yr)

\*\*5:15-6:00 Creative Ballet & Modern(Grades 5-8)

\*\*7:00-8:00 NEW! Ballroom Couples

## Thursday

3:30-5:30 TBA  
7:00-8:00 Stretch & Tone

## Friday -TBA

## Saturday

8:30-9:30am Stretch & Tone  
10:00-11:30 Modern Dance (Teen/Adult)  
11:30-3:30 Forty Steps Dance Rehearsal

## Sunday

\*\*6:00-7:00pm ZUMBA (TBA)

**Private lessons, Personal Fitness Training and Wedding Dance always available.**

NOTE: Schedule subject to change without notice.

## DANCE! MOVE! EXERCISE!

**The benefits are great!**

- ◇ helps children and adults focus
- ◇ relieves back pain
- ◇ reduces stress
- ◇ helps weight loss or maintenance
- ◇ increases flexibility
- ◇ greater range of motion
- ◇ better balance
- ◇ improves self confidence
- ◇ corrects posture

### We can offer (just ask)

- ◇ Kids Fitness, Yoga, ZUMBA
- ◇ Lyrical Dance w/Jazz
- ◇ Creative Modern Dance
- ◇ Ballet/Pointe

**IF you don't see the class you are interested in, PLEASE call. We can begin any class you request with 5 students. New classes are being added regularly.**

**Bold** = Adult Classes(16+Welcome)

\*\* =begins when 6 students register

Any class with less than six students, is subject to either a special rate or cancellation.

Ages and grades are given as guidelines. Exceptions are the teacher's discretion only.

**CALL 781-599-1476**

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NAHANT STUDIO-Serenity Room, 41 Valley Rd. Nahant  
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