

Danceability Virtual Summer Dance & Fitness Classes

**Classes are designed to appeal to all ages & abilities, as well as ambulatory & non-ambulatory participants

****Special Offer: "Unlimited Dance Classes"** (24 in all) = \$150 Register from May 29th - June 16th

****"Pick & Choose Class"** registration starting June 17th = Select individual classes for \$8/ class

Fitness Frenzy =\$60 (Not included in unlimited classes)

July

<p><u>Monday 7/6</u> Hip Hop @ 7:00 w/ Elissa & Danielle</p>	<p><u>Tuesday 7/7</u> "Party" Dances@ 7:00 w/ Lisa & Chris</p>	<p><u>Wednesday 7/8</u> Funky Jazz @ 7:00 w/Megan & Amanda</p>	<p><u>Thursday 7/9</u> Silly Dances @ 6:00 w/Michelle & Robin & Kayleigh</p> <p>Fitness Frenzy @7:00 w/Christine and Jackie</p>
<p><u>Monday 7/13</u> Hip Hop @ 7:00 w/ Elissa & Danielle</p>	<p><u>Tuesday 7/14</u> "Party" Dances@ 7:00 w/ Lisa & Chris</p>	<p><u>Wednesday 7/15</u> Funky Jazz @ 7:00 w/Megan & Amanda</p>	<p><u>Thursday 7/16</u> Silly Dances @ 6:00 w/Michelle & Robin & Kayleigh</p> <p>Fitness Frenzy @ 7:00 w/Christine and Jackie</p>
<p><u>Monday 7/20</u> Hip Hop @ 7:00 w/ Elissa & Danielle</p>	<p><u>Tuesday 7/21</u> "Party" Dances@ 7:00 w/ Lisa & Chris</p>	<p><u>Wednesday 7/22</u> Funky Jazz @ 7:00 w/Megan & Amanda</p>	<p><u>Thursday 7/23</u> Silly Dances@ 6:00 w/Michelle & Robin & Kayleigh</p> <p>Fitness Frenzy @7:00 w/Christine and Jackie</p>
<p><u>Monday 7/27</u> Themed Class @ 7:00 "Let's Make Some Noise" (Fun w/ Rhythms) w/ Elissa & Danielle</p>	<p><u>Tuesday 7/28</u> "Party" Dances@ 7:00 w/ Lisa & Chris</p>	<p><u>Wednesday 7/29</u> Funky Jazz @7:00 w/Megan & Amanda</p>	<p><u>Thursday 7/30</u> Showtunes @ 6:00 w/Michelle & Robin & Kayleigh</p> <p>Fitness Frenzy @7:00 w/Christine and Jackie</p>
August			
<p><u>Monday 8/3</u> Themed Class @7:00 "Chill with Us" (slow lyrical/modern) w/ Elissa & Danielle</p>	<p><u>Tuesday 8/4</u> "Party" Dances@7:00 w/ Lisa & Chris</p>	<p><u>Wednesday 8/5</u> Funky Jazz @7:00 w/Megan & Amanda</p>	<p><u>Thursday 8/6</u> Showtunes @6:00 Michelle & Robin & Kayleigh</p> <p>Fitness Frenzy @7:00 w/Christine</p>
<p><u>Monday 8/10</u> Themed Class @7:00 "Beach Party" w/ Elissa & Danielle</p>	<p><u>Tuesday 8/11</u> "Party" Dances@7:00 w/ Lisa & Chris</p>	<p><u>Wednesday 8/12</u> Funky Jazz @7:00 w/Megan & Amanda</p>	<p><u>Thursday 8/13</u> Showtunes @6:00 Michelle & Robin & Kayleigh</p> <p>Fitness Frenzy @7:00 w/Christine</p>

Class Description:

Hip Hop:

Move & groove w/ a funky warm-up & hip-hop based combination!

Party Dance:

Have a blast learning the Whip/Nae Nae, Hand Jive, Get Up, Cha Cha Slide, the Wobble & more of your favorite party songs.

Funky Jazz:

Warm up with a little ballet technique to get you ready for a funky Jazz combo

Silly Dance:

Join us for some different silly songs to get you laughing and dancing! Baby shark, Goldfish & even new ones!

Showtunes:

Whether you love to dance to Disney, Broadway or your favorite movies; we've got you covered for 3 weeks of theatrical dance

“Let's Make Some Noise”

Get ready to make a ruckus in this class w/ a rhythmic warm up & high energy dance combo!

“Chill with Us”

Take some time to cool down w/ a slow-paced dance class while getting a great stretch!

“Beach Party”

End the summer by taking a virtual trip w/ us as we dance to some classic summer hits!

Fitness Frenzy:

Fitness class designed for ages 13 - adult. Get your body really moving with all sorts of different styles of exercise. Modifications can be made as necessary.