

Come On
Let's Dance!

Not just for the kids!!!

**Dance & Fitness
Programs for Adults**
with and without
experience.

**Start Moving
Today!!**

129 North Court Street
Medina, Ohio 44256
330-725-2153
www.MCDAdance.com

Session One

September 19 — October 28, 2011

Session Two

November 1, —December 15, 2011

(off 11/25/10-11/28/11– Thanksgiving)

Session Three

January 9—February 17, 2012

Session Four

February 27—March 30, 2012

Session Five

April 9— May 18, 2012



Adult Dance &
Fitness Workshops



*Serious Dance -
Serious Fun*

330-725-2153

Adult Dance Workshops

Adult Dance Workshop is a dance program designed exclusively for adults interested in learning new skills and/or dusting off those old shoes and kicking up your heels again.

There are 5 separate — six week workshops scheduled throughout the dance season. You can try ballet or tap.

All classes will be a multi-level class. Our mature and professional teaching staff will give level appropriate combinations based on the dance experience represented in each class.

Bring a friend and have twice as much fun. You deserve the time to have a little fun and get some exercise too.

Join Today!!

Each 6 week workshop is \$65.00

Receive a \$5.00 discount when you enroll in more than one class per session.

Schedule

Adult Ballet Barre/Lyrical

This one hour class will include a barre technique warm-up and stretch followed by a centre of lyrical and/or classical ballet

Thursday 7:30-8:30 p.m.

Adult Tap

This one hour class will include a tap warm-up and an in-depth technique time. Floor progressions and fun combinations are also part of this curriculum

Wednesday 7:30-8:30 p.m.

Adult Jazz/Hip-Hop

This one hour class will include a warm-up, strength flexibility time jazz isolations centre technique. Floor progressions and fun combinations are also part of this curriculum.

Monday 7:30—8:30 p.m.

Butts & Bunz w/ Barb

This one hour class will include a warm-up, and a make it “burn” work out for your gluts, thighs and lower body followed up with a cool down.

Tuesday 9:30-10:30 a.m. (no child care)

Adult Dance Workshop

Name

Address

Phone

Email

Please circle session: | 2 3 4 5

Class Name _____ Day _____ Time _____

I accept full and sole responsibility for any personal injury or property damage which may result from my participation in the Medina Centre for Dance Art fitness or dance programs, whether under an instructor's supervision or on my own. I fully release The Medina Center for Dance Art, Kelly Parks, Scott Parks, the owner of premises and all staff and instructors from responsibility or liability for any such injury or damage. I will indemnify and hold harmless the persons released above from all claims and actions in any way related to my participation and I will not bring or cause to be brought any such claim or action against said persons.

Signature
