



255 Service Bay Road, Mauldin, SC 29662

864-297-1635

DanceArtsGreenville.com

**To share in the Thanksgiving spirit,
our DAG Adult division is offering our registered and new students a range of dance styles and conditioning classes
before the Thanksgiving holidays.
Enjoy classes with wonderful DAG teachers while bringing a friend or meeting new ones.
We celebrate dance in all ages!**

If a new student please go online at <http://danceartsgreenville.com/registration/adult-class-registration/> or stop in the office ten minutes before class to register. Payment due at class.

Monday, November 23

6:00 – 7:00 CORE DE BALLET™ – *Joshua Williams (1 hour)*

7:00 – 8:30 – Adult Ballet – *Joshua Williams (1.5 hour)*

7:00 – 8:00 – Adult Ballet (Absolute Beginner) – *Lara Koffskey (1 hour)*

Tuesday, November 24

6:30 – 7:30 – Mat Pilates with Props - *Amy Freytag (1 hour)*

7:30 – 8:30 – Adult Contemporary Jazz – *Lara Koffskey (1 hour)*

Cost:

1hour class is \$15

1.5 class is \$20

New client special: \$5 off per class.

Registered student: Bring a new friend to DAG! If you bring a friend to try a class, we will reduce your class by \$5 too.

Class Attire:

Attire for ballet: Attire is what makes you feel comfortable. Basic ballet tights and leotard with ballet shoes will allow best feedback on body alignment/placement. However if you feel more comfortable in yoga/sweat pants and a t-shirt that is just fine with us!

Attire for Core de Ballet, Mat Pilates w/props and Contemporary/Jazz should be form fitting to allow for range of motion. Exercises or combinations can involve work on the back so avoid zippers or buttons. Please no midriffs open.



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Class Descriptions:

Mat Pilates with Props - A full-body workout of Pilates-based exercises with a 'twist.' These exercises strengthen, stretch and challenge on multiple planes using the Orbit, fabric gliders and a dowel pole.

*Orbit- a sturdy board on wheels that moves smoothly in circular and linear movements ranging from mild to complex, symmetrically.

*Fabric gliders- fabric circles adjusted for wood or carpet that add a new dimension to a full-body workout as well as extending range of motion during mat training.

*Dowel pole- A tool or prop that assists clients to enhance their range of movement and alignment.

CORE DE BALLET™ is DAG's special body conditioning program designed to aid our students "awaken" and target the "core" muscles of ballet. Instruction heightens all students global dance program in core strength, 'turn-out' (the rotation in the hips) and proper alignment. Mat Pilates, Floor Barre based on the Boris Kniaeff technique, and elements from the hottest current fitness industry are combined to carve that beautiful sculpted ballet body. Upbeat music is used to motivate and enhance the work-out!

Adult Ballet – A full ballet class with exercises at the barre, in the center and moving across the floor. The core emphasis of this level will be on understanding and improving proper alignment, posture, rotation, and flexibility. Dancers will also expand their ballet vocabulary while learning new movements and positions.

Adult Ballet (Absolute Beginner) – Ballet basics that will be taught in the class includes:

- The five basic ballet positions of the arms and feet.
- You'll learn proper body alignment.
- Simple but strong emphasis on ballet foundation such as Floor Barre work, basic barre work and center practice.
- Exercises include plies, tendus, jetes, rond de jambe at terre and en'lair, fondus, releves and grand battements. These simple and straightforward combinations will foster body coordination, which is essential to dance.

You'll be dancing all these combinations once the movements become more natural.

Adult Contemporary Jazz - A fusion of modern, jazz and ballet, this unique style explores a wide range of organic, often angular movements and syncopated rhythms with a base on classical technique. The class starts with a warm-up and evolves to learning original choreography, broken down and demonstrated for clear understanding. Music selection is signature to the choreography and often uses hot new singles tracks.