

Dance Classes at RR Senior Center

"Dance like nobody is watching"

MONDAY		
	1pm – 2pm BALLET	Register for 8 week sessions to learn classical ballet techniques including barre work, low impact across the floor and center work. Suitable for all levels. <i>Ask at Front Desk for a drop-in pass to see if this is for you!</i>
	2pm-3pm OPEN LINE DANCE	Drop in to learn popular line dance steps to a variety of music including country, pop, and R&B. Join us to enjoy this low impact exercise that improves balance, coordination and memory. <i>\$4 pay as you go/ Punch Pass</i>
TUESDAY	8:35am-9:30am ZUMBA	Dance and move to Latin rhythms and pop classics. Low impact to support joint health while enhancing agility and balance. <i>\$4 pay as you go/ Punch Pass</i>
	1pm-2pm BEGINNING TAP	Register for 8 week sessions to learn the basics – ideal for dancers with little or no experience. <i>Ask at Front Desk for a drop-in pass to see if this is for you!</i>
	2:15pm-3:15pm INTERMEDIATE TAP	Register for 8 week sessions to take your tapping to the next level. <i>Ask at Front Desk for a drop-in pass to see if this is for you!</i>

WEDNESDAY	1pm-2pm LOW IMPACT IRISH DANCE	Register for 8 week sessions for this low impact version similar to tap dance and clogging. Covering various styles of Irish dance from old style to Irish Ceili and basic traditional steps. Benefits include improving balance, sharpening memory, and strengthening muscles around joints to assist with arthritis and overall fitness. <i>Ask at Front Desk for a drop-in pass to see if this is for you!</i>
	2:00 – 3:30pm THEATER DANCE	This class is rehearsal-focused. Register for 8 week session including a final performance! Starting with a song, adding dance steps and theatrics, then the audience! Together we decide which songs to perform with tasteful costumes.
FRIDAY	9am-9:50am BOOM MOVE	Silver Sneakers class offering a higher intensity work-out to improve cardio endurance. MOVE includes simple dance steps building to more complex sequences. <i>FREE for Silver Sneakers/ReNewActive OR \$4 pay as you/ Punch Pass</i>