



WASAGA ADULT WINTER SCHEDULE 2023

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DAY	CLASS
MON	<p>7:00-8:00pm Adult Hip Hop/Dance Cardio (ages 16+) ~The first half of the class will be dance cardio style. Using high energy tunes we combine the best of jazz, hiphop, funk and latin to get you warmed up and sweating. The second half of this class will be for some HipHop choreography. This class does not do any performances.</p> <p>8:00-8:30pm Adult Contemporary (ages 16+) ~This class is designed to cool you down and stretch you out after Hip Hop. Express, stretch and release using fluid contemporary, ballet and lyrical movements. This class has a discounted rate as it is only half an hour. This class does not do any performances.</p>
TUES	<p>7:30-8:30pm Adult Street Jazz (ages 16+) ~A combo choreography class featuring a variety of dance styles including street jazz, jazz funk and old school jazz. Get ready to pop your booty, learn some fierce moves and vibe along with your crew. There will be opportunities to learn choreography and perform alongside the dance crew Vibeology. (performance is optional).</p>
SAT	<p>9:30-10:30am Adult Tap (ages 16+) ~Tap is a great way to exercise your body and mind. Learn basic skills, rhythms and choreography in this class. This is designed for beginners and intermediates.</p>