



Levy Dance Spring 2023

Monday

BeMoved

Start your week off right with this 50 minute dance class that will have you moving to great music! From start to finish, this class will work on balance, flexibility, coordination, and brain health. The Warm-Up infuses breath and movement through choreographed, artistic sequences that activate core strength and balance while improving flexibility and coordination. The Genre section of class uses continuous, engaging dance combinations to inspire anyone from first-time dancers to professionals. Finally, the Cool Down brings your workout full circle, leaving you balanced in mind, body and soul – feeling rejuvenated. **No class May 29**

Instructor: Heidi Mokryzcki

Location: Levy Senior Center

Fee: 9 weeks \$113LM/147NM

Class#	Dates	Days	Time	Type
514017A3	Apr 3- Jun 5	M	9:00-9:50a	In-Person

Wednesday

Adult and Senior Ballet

Regain your ballet technique. Come and practice your plies and tendus. We will enjoy a classical ballet class format with barre, center adagio and allegro, and ending with stretches. All exercises are encouraging our bodies to explore grace and strength. Modifications are available.. In-person & Virtual program only.

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 10 weeks \$90LM/\$117NM

Class#	Dates	Days	Time	Type
514623A3	Apr 5- June 7	W	10:30a-11:15a	In-Person & Virtual

Adult and Senior Modern Dance

Improving your coordination, muscle tone, and flexibility through Modern Dance. Class contains warmups, isolations, progressive across the floor, improve from personal response to stimuli, and learn choreography. Clothing with freedom to move, no shoes or socks with grip soles.

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 10 weeks \$90LM/\$117NM

Class#	Dates	Days	Time	Type
514635A3	Apr 5- Jun 7th	W	11:30a-12:15p	In-Person & Virtual

Line Dance Practice

If you haven't danced for a while and would like a refresher class or if you just prefer less complicated choreography- this class is for you. If you have never line danced before, you are welcome to attend this class. It might take you a few weeks to get up to speed with the other members of the class but I think you'll enjoy it and find it is worth it. Basic knowledge of steps and terminology and previous line dance experience would be helpful. **No class April 19, 26**

Instructor: Judith Grubner

Location: Levy Senior Center

Fee: 8 weeks \$72LM/\$94NM

Class#	Dates	Days	Time	Type
514618A3	Apr 5- Jun 7	W	1:00p-2:00p	In-Person

Continuing Line Dancing

Designed for dancers who have a solid understanding of basic line dance steps and patterns. Participants will continue to build upon their skills and learn more complex routines and techniques. **No class April 19, 26**

Instructor: Judith Grubner

Location: Levy Senior Center

Fee: 8 weeks \$72LM/\$94NM

Class#	Dates	Days	Time	Type
514616A3	Apr 5- June 7	W	2:15-3:15p	In-Person

Thursday

Adult and Senior Ballet

Regain your ballet technique. Come and practice your plies and tendus. We will enjoy a classical ballet class format with barre, center adagio and allegro, and ending with stretches. All exercises are encouraging our bodies to explore grace and strength. Modifications are available.. In-person & Virtual program.

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 10 weeks \$90LM/\$117NM

Class#	Dates	Days	Time	Type
514623B3	Apr 6- Jun 8	TH	1:00p-1:45p	In-Person &
Virtual				

Friday

Adult and Senior Ballet

Regain your ballet technique. Come and practice your plies and tendus. We will enjoy a classical ballet class format with barre, center adagio and allegro, and ending with stretches. All exercises are encouraging our bodies to explore grace and strength. Modifications are available.. In-person & Virtual program

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 10 weeks \$90LM/\$117NM

Class#	Dates	Days	Time	Type
514623E3	Apr 7- June 9	F	11:30a-12:15p	In-Person & Virtual