



Levy Dance Spring 2025

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.

Instructor: Heidi Mokrzycki

Location: Levy Senior Center

Fee: 12 weeks \$198LM/258NM,

| Class# | Dates | Days | Time | Type |
|---------------|---------------|-------------|-------------|-------------|
| 514017A5 | Mar 3- May 19 | M | 9:00-9:50a | In-Person |

Move and Groove Line Dance: Improver

Get your feet moving and your body grooving as you flow to the rhythms of Soul, Pop, Latin, and a 'lil bit country. This is a continuing class for those who are comfortable with the basic steps and want to learn high beginner to improver level dances. The pace in this class is a little faster and dances a little bit more involved. But you'll continue exercising your brain, work on balance, improve your stamina and memory all with low impact to your joints. Each week we add to the previous week's list of dances, emphasize proper step technique and how to combine them, in order to build your repertoire of line dancing skills.

Instructor: Pat Bernard

Location: Levy Senior Center

Fee: 12 weeks \$126LM/\$186NM..

| Class# | Dates | Days | Time | Type |
|---------------|---------------|-------------|---------------|-------------|
| 514319A5 | Mar 3- May 19 | M | 10:30-11:30am | In-Person |

Move & Groove Line Dance: Beginner

Get your feet moving and your body grooving as you flow to the rhythms of Soul, Pop, Latin, and just a 'lil bit country. Line dancing is a fun way to exercise your brain, work on balance, improve your stamina and memory all with low impact to your joints. It's also a great way to socialize, have fun, and make new friends. We will learn beginner to intermediate line dances and each class is customized to the level of those attending. Each week we add to the previous week's list of dances, emphasize proper step technique and how to combine them, in order to build your repertoire of line dancing skills. If you can count to 8 you can line dance!

Instructor: Pat Bernard

Location: Levy Senior Center

Fee: 12 weeks \$115 LM/\$175 NM

| Class# | Dates | Days | Time | Type |
|---------------|---------------|-------------|-----------------|-------------|
| 514319B5 | Mar 3- May 19 | M | 11:45am-12:45pm | In-Person |

Tuesday

Beginning Line Dance

Want to line dance but are nervous about learning the steps? This class is designed for you - the complete newbie. Learn the basics in a relaxed atmosphere, slowly and with lots of repetition. We'll combine the steps into simple dances to music of all kinds, with much laughter. Leave with new friends and the confidence to join the next level of Levy line dance classes.

Instructor: Judith Grubner

Location: Levy Senior Center

Fee: 12 weeks \$126LM/\$186NM

| Class# | Dates | Days | Time | Type |
|---------------|---------------|-------------|-------------|-------------|
| 514616B5 | Mar 4- May 20 | T | 1:30p-2:30p | In-Person |

Wednesday

Adult and Senior Ballet- Leveled

The lesson plan for this course will remain the same for every session, allowing for improved technique. Enjoy a classical ballet class format with barre, center adagio and allegro. Modifications are available. In-person program only. **No class Dec 25, Jan 1**

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 11 weeks \$115LM/\$170NM

| Class# | Dates | Days | Time | Type |
|---------------|---------------|-------------|---------------|-------------|
| 514623C5 | Mar 5- May 14 | W | 10:30a-11:15a | In-Person |

Adult and Senior Modern Dance

Improving your coordination, muscle tone, and flexibility through Modern Dance. Class contains warm ups, isolations, progressions across the floor, improv 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, 11 sessions: \$115 LM/\$170 NM

| Class# | Dates | Days | Time | Type |
|---------------|---------------|-------------|----------------|-------------|
| 514635A5 | Mar 5- May 14 | W | 11:30a-12:15pm | In-Person |

Line Dance Practice

If you haven't line danced for a while and would like a refresher class or if you just prefer easier dances –this is the class for you. Basic knowledge of steps and terminology is helpful. Although line dance beginners are welcome, it will take time for you to get up to speed with the other class members. New dancers are encouraged to consider Beginning Line Dance (Tuesdays at 1:30).

Instructor: Judith Grubner

Location: Levy Senior Center

Fee: 12 weeks \$126LM/\$186NM

| Class# | Dates | Days | Time | Type |
|---------------|---------------|-------------|-------------|-------------|
| 514618A5 | Mar 5- May 21 | W | 1:00p-2:00p | In-Person |

Continuing Line Dancing

Designed for dancers who have a solid understanding of basic line dance steps who would like to learn higher level steps and dances. Line Dance Practice class or other prior line dance experience required. In-person classes only.

Instructor: Judith Grubner

Location: Levy Senior Center

Fee: 11 weeks \$110LM/\$165NM

| Class# | Dates | Days | Time | Type |
|---------------|---------------|-------------|-------------|-------------|
| 514616A5 | Mar 5- May 21 | W | 2:15p-3:15p | In-Person |

Move and Groove Line Dance: Night

Get your feet moving and your body grooving as you flow to the rhythms of Soul, Pop, Latin, and just a 'lil bit country. Line dancing is a fun way to exercise your brain, work on balance, improve your stamina and memory all with low impact to your joints. It's also a great way to socialize, have fun, and make new friends. We will learn beginner to intermediate line dances and each class is customized to the level of those attending. Each week we add to the previous week's list of dances, emphasize proper step technique and how to combine them, in order to build your repertoire of line dancing skills. If you can count to 8 you can line dance!

Instructor: Pat Bernard

Location: Levy Senior Center

Fee: 11 weeks \$113LM/\$168NM

| Class# | Dates | Days | Time | Type |
|---------------|----------------|-------------|-------------|-------------|
| 514319C5 | Mar 12- May 21 | W | 6:00-7:00pm | In-Person |

Thursday

Adult and Senior Ballet: Beginner

Explore the grace and discipline of ballet in a supportive environment tailored to your needs. Focus on gentle movements, stretching and basic ballet techniques to improve balance, flexibility, imposter, while promoting overall well-being.

Instructor: Nichola Goss

Location: Levy Senior Center

Fee, 11 weeks \$115LM/\$170NM

| Class# | Dates | Days | Time | Type |
|---------------|---------------|-------------|-----------------|-------------|
| 514623B5 | Mar 6- May 25 | Th | 11:30am-12:15pm | In-Person |

Friday

Adult and Senior Ballet- Adult

Regain your ballet technique. The lesson plan for this course will remain the same for every session, allowing for improved technique. Enjoy a classical ballet class format with barre, center adagio and allegro In-person program only

Instructor: Nichola Goss

Location: Levy Senior Center

Fee: 10 weeks \$105LM/\$165NM

| Class# | Dates | Days | Time | Type |
|---------------|---------------|-------------|---------------|-------------|
| 514623A5 | Mar 5- May 17 | F | 11:30a-12:15p | In-Person |