

Adult Dance Fusion - Ballet, Tap, Jazz & Hip Hop

This dance fusion class is for the adult beginner or for anyone wanting to improve their skills in a fun learning environment. This adult (18+) fusion class will combine ballet, the foundation of dance, with a focus on basic barre and centre work; our Jazz curriculum focuses on incorporating stretches, exercises, turns and progressions across the floor with combinations; our Hip Hop is a high energy class for adults who want to learn the latest urban dance steps influences by some of today's hottest video choreographers. Focus on proper conditioning and warm-up, individualized dance steps and full-bodied combinations; Tap is an exciting form of dance in which dancers will learn rhythm, help build aerobic fitness as well as muscle control by focusing on barre and centre floor work while incorporating progressions across the floor. Come and join the fun!

*This dance fusion class for adults will focus on all of the above styles mentioned or will focus on select styles according to student preference.