

# Class Descriptions:

## LEVELS

**Open:** All Levels Welcome

**Basics:** Intro to the style. No previous experience needed.

**Intermediate:** 2 years + training in style. Mastering the base movements, turns, jumps and choreography.

**Advanced:** 5 years + training in style. Multiple turns, intricate jumps and choreography taught at a quick pace.

## CLASSES

### **Ballet Basics:**

Great for the beginner or as a refresher for the dancer who has not been in the studio for a while, this ballet class introduces ballet fundamentals, including proper body alignment, vocabulary, and positions of the feet, arms & head. Students will move through basic barre and center work progressing to basic turns and jumps. Ballet is a great way for adults to maintain mobility, strengthen their muscles and improve flexibility. No previous training needed.

### **Intermediate Ballet:**

In this style, students will build on basic ballet fundamentals, including body alignment, vocabulary, and positions of the feet, arms & head. Students will move through barre, center work, & progressions which include turns, jumps, & leaps. Students will build on technique and learn more difficult/ advanced techniques as they progress through class levels. 2 years + training recommended.

### **Advanced Ballet:**

In this style, students will be build on basic and intermediate ballet fundamentals, including body alignment, vocabulary, and positions of the feet, arms & head. Students will move through barre, center work, & progressions which include turns, jumps, & leaps. Students will build on technique and learn more difficult/ advanced techniques as they progress through class levels. 5 + years training recommended

### **Jazz Basics:**

Students will work on dance conditioning and alignment while improving their jazz technique. Students will advance with their own ability levels through center work & progressions. Center choreography will be taught to sharpen performance and mobility skills. No previous training required.

**Intermediate Jazz:**

Students will work on dance conditioning and alignment while improving their jazz technique. Students will advance with their own ability levels through center work & progressions. Center choreography will be taught to sharpen performance and mobility skills. 2 + years training recommended.

**Advanced Jazz:**

A sharp focus on dance conditioning and alignment while improving jazz technique. Students will advance with their own ability levels through advanced center work & progressions. Center choreography will be taught to sharpen performance and mobility skills. 5 + years training recommended.

**Tap Basics:**

Ever wanted to tap dance? This is the class for you! The class is taught at the students level every week, focusing on basic tap technique and musicality. Tap shoes are preferred but not required, just bring your inner Fred or Ginger! No previous experience needed.

**Open Tap:**

Students start with foot awareness, mobility and coordination. Dancers will then focus on tap fundamentals including basic tap steps, wings, cramp rolls, & pull backs. More advanced students will be given more advanced progressions to suit their skill levels with each specific class. All levels welcome. Some students may be given more advanced or basics steps to cover levels.

**Hip Hop Basics**

Great for the beginner or as a refresher for the dancer who has not been in the studio for a while, this hip hop class introduces hip hop fundamentals, including proper body alignment, vocabulary, culture, and history. Hip Hop is a great way for adults to maintain mobility, strengthen their muscles and improve flexibility. No previous training needed.

**Intermediate Hip Hop**

This class will implement much of the vocabulary and general concepts learned in Hip Hop Basics. This will introduce choreography with an increased frequency and introduce the cultural aspect of hip hop such as cyphers. Basic foundation and knowledge is highly recommended when coming into class.

**All Levels Hip Hop**

This class will be using all of the previous concepts learned in Hip Hop Basics and Intermediate Hip Hop. This class will be emphasizing developmental skills, choreography, improvisation, and increasing comfortability with hip hop culture.

### **Hip Hop Cardio**

In this style, students will get moving in a moderately-paced, yet fun class meant to get the heart pumping and muscles fired up. Get groovy and fit with some of your favorite funky songs using some fun hip hop moves! No previous experience needed.

### **Locking Basics**

An introduction to the street style Locking! The 1970's dance style will bring out the funk and groove through understanding culture, history, vocabulary, and technique. The funk era never went out of style!

### **Popping Basics**

An introduction to the street style Popping! This funk style will bring out your groove and hits through understanding culture, history, vocabulary, and technique.

### **House Basics**

An introduction to the street style House! This funclubk style will bring out your groove and footwork through understanding culture, history, vocabulary, and technique.

### **Street Styles**

In this class, you will implement the street styles of Locking, Popping, and House. This class will rotate between the styles frequently utilizing the vocabulary and technique learned from the basics classes. Street Styles will emphasize choreography and improvisation of the street style that is happening within the rotation.

### **Lyrical Basics:**

Learn the base movements of lyrical dance. Lyrical is a dance style that combines elements of ballet, modern, and Jazz dance techniques. It is commonly set to popular music with vocals or just instrumental bars. The goal of a lyrical dancer is to use gesture, facial expression, and controlled movements in order to execute their movements and emotions fully. Besides emotional connection to music, lyrical dance typically encourages use of articulation, line, weight, and movement qualities. Technique will be highly stressed in this class and will progress as class levels increase. No previous training needed.

### **Intermediate Lyrical:**

Combining the technique of both ballet and jazz. At least 2 years of dance training. This is a choreography based class with a quick warm up. Lyrical is a dance style that combines elements of ballet, modern, and Jazz dance techniques. It is commonly set to popular music with vocals or just instrumental bars. The goal of a lyrical dancer is to use gesture, facial expression, and controlled movements in order to execute their movements and emotions fully. Besides emotional connection to music, lyrical dance typically encourages use of articulation, line, weight, and movement qualities. Technique will be highly stressed in this class and will progress as class levels increase.

**Contemporary:**

Contemporary dance is all about self-expression, storytelling, and freedom. It pulls from traditional dance styles like Ballet & Jazz, but breaks away from the strict techniques and movements that make those styles so recognizable.

**Heels:**

Combining femme, jazz and pop all while sporting your favorite pair of supported heels. Quick warm up followed by a sassy piece of choreography. All levels welcome, no training needed.

**Femme:**

An urban, feminine style dance class that incorporates jazz, funk, voguing, waacking, and more. This class has adult moves and music content, designed for mature dancers. Come get sassy in this Femme class! Please wear bare feet, jazz shoes or light sneakers. Intermediate/Advanced dancers may be more comfortable with the material, however beginners are welcome to join and make modifications as necessary.

**Open Modern:**

This class uses dance to investigate gravity, momentum, impulses and pathways. All levels of dancers are welcome to come and join in for movement explorations. No training required.

**Modern Flow:**

Discover the harmony between grace and power in a juicy, flowing modern dance class. Focusing on seamless transitions to the floor and reducing impact for longevity so that we can have fun while moving big. No previous training needed.

**Improv Skills:**

Develop improv skills. Techniques to unlock your individual style and move your body through space. No previous training needed.

**Open Belly Dance:**

Shimmy, shake and smile while learning classic belly dance technique and a short choreo each week in this all-levels, all-genders, all-bodies belly dance class. We'll practice hip circles, figure eights, undulations, belly rolls and more - strengthening your core, expanding your dance vocabulary and having fun!

**Dance Cardio:**

In this style, students will get moving in a fast-paced, yet fun class meant to get the heart racing and muscles fired up. Get groovy and fit with some of your favorite songs and energetic BreakOut staff! No previous experience needed.

### **Hip Hop Cardio**

In this style, students will get moving in a moderately-paced, yet fun class meant to get the heart pumping and muscles fired up. Get groovy and fit with some of your favorite funky songs using some fun hip hop moves! No previous experience needed.

### **Groove Cardio**

In this style, students will get moving in a moderately-paced, yet fun class meant to get the heart pumping and muscles fired up. Get groovy and fit with some of your favorite funky songs and energetic BreakOut staff! No previous experience needed.

### **Muscle Tone**

A circuit based class tailored to tone your muscles! There will be different stations throughout the room focusing on upper and lower extremities, core, back, and stabilizers that are important to use in dance or your daily life. Exercises are modified to fit the individual and can be adjusted accordingly. Come on in and work out!

### **TRX Skills**

A suspension training class that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Straps, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

### **TRX:**

You're not going to want to miss TRX Suspension Training. TRX is a revolutionary method of leveraged bodyweight exercise which gives a comprehensive full body workout that can be adapted as your fitness improves. Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX® Suspension Trainer™, a highly portable performance training tool that leverages gravity and the user's body weight to enable hundreds of exercises for every fitness goal.