

MODERN DANCE

Intro to Modern **ANDREA BLESSO**

This class is for students with little or no dance experience, who are looking for fun, exercise, and to build strength and energy. Also a great introductory class for dancers who want to learn the basics of modern dance movement vocabulary. **Begins 9/4.**

Thursday 6-7:30pm \$15/drop-in

Adv. Beginning **JODY WEBER**

This class is for adult dancers with some experience and a basic understanding of dance vocabulary. It's a great place to start if you are coming back to dance. Friendly atmosphere and live music!

Monday 7:30-9pm \$15/drop-in

Intermediate **NICOLE PIERCE**

Explores technical problems through mix of classical & idiosyncratic movement vocabularies. Emphasis on rhythm, physical & mental strength, expression and clarity.

Monday 5:45-7:15pm \$15/drop-in

Intermediate **CHERI OPPERMAN**

Rooted in classic technique with emphasis on alignment, breath and musicality, this class employs challenging & fun combinations with emphasis on flow and personal expression.

Tuesday & Thursday 5:45-7:15pm \$15/drop-in

Intermediate **JODY WEBER**

This is a challenging class for dancers with experience. The class focuses on a deep understanding of the body, and incorporates ideas from Limon, Cunningham and Graham techniques.

Wednesday 5:45-7:15pm \$15/drop-in

Int./Adv. **MARCUS SCHULKIND**

Using the concepts of contract/release, drop/flow, weightedness, and aerial precision, this class consists of floorwork, center work, a barre, and combinations that use the founding principles of modern dance and evolve them to the present.

Friday 9:30-11:30am \$17.50/drop-in

MOVEMENT TRAINING

Open River **JOERITTA JONES DE ALMEIDA**

Class incorporates natural movement, massage and voice work to activate energy and achieve a sense of self as an integrated being of body, mind and spirit. Visit www.openriver.org for more info.

Sunday 12-1:30pm **Starting 9/7** To register call (617) 484-1261.

Pilates **MARTHA MASON**

Certified instructors work with students on an individual or group basis. The Pilates Method is a physical and mental conditioning system that concentrates on neuromuscular re-patterning.

Call (617) 491-2490 for info

BALLET

Int./Adv. **MARCUS SCHULKIND**

First hour: traditional ballet barre stressing placement, line, musicality, and groundedness. Second hour: adagio, turning phrases, petite allegro, and grand allegro.

Saturday & Sunday 11am-1pm \$12/barre \$17.50/full class

Int./Adv. **DEAN VOLLICK**

An intermediate/advanced ballet class comprised of barre, centre and traveling exercises that are designed to fine tune balance, coordination, and musicality. A challenging class to help any dancer stay in shape, or to prepare for a day of rehearsals.

Wednesday 10-11:45am \$15/drop-in

Floor Barre **MARCUS SCHULKIND**

A class utilizing the work of Zena Rommett, Pilates, and physical therapeutic exercises to build strength and placement. All levels.

Friday 8:30-9:30am, Saturday & Sunday 10-11am \$12/drop-in

CHILDREN

Creative Dance **KATIE DEALY**

Children's classes combine strong technical skills with a nurturing creative environment. Classes engage imagination, employ props, storytelling and elementary technique. Register (617)-323-6376.

Fall Sessions begin 9/9 & 9/10 end in December.

Tuesday 10:30-11:30am, Ages 2-4 Beg/Parent & Child

Wednesday 2:30 -3:30pm, Ages 2-4 Creative Dance

Wednesday 3:30 - 4:30pm, Ages 4-6 Creative Dance

Creative Dance **ALLI ROSS**

Creative Dance class combines the best of creative movement and basic dance technique. Children will create with music and props while enjoying the discipline and techniques of dance class.

Fall session 9/18 through 12/18.

For info and registration call 617-864-3191.

Thursday 3:30 - 4:30pm \$175/12 week session

Music Together **GROOVY BABY MUSIC**

Music & movement classes for children newborn to age 5 and their parents. Sing, dance, play instruments, & learn about your child's music development. Our teachers are experienced educators and professional musicians. CDs, Songbook, and Parent Guide included.

Fall session starts 9/24 ends 11/19.

Wednesday 9-12am, register at groovybabymusic.com

TRADITIONAL DANCE

Balkan & Bulgarian Trad. Dance **PETRE PETROV**

Students will learn traditional dances from the Balkans (Mon.) or study the exciting line dancing of Bulgarian Trad. Dance (Fri.). Lovely & energetic dances in ancient and modern styles. All levels welcome.

Monday 7:30 - 9pm (Balken) \$15.00/For info call (617) 840-2362

Friday 7:30 - 9pm Occasional Fridays only-call instructor for schedule

Salsa Beg./Adv. Beg **MATEI LIVIANU**

Master the fundamentals of Salsa and learn combinations & footwork in a fun environment. Focus on basic steps & technique including essential rhythm, leading/following, isolation, & more. These are a series of 4 one hour classes. Drop-ins welcome for 1st 2 classes of each cycle. Email salsamatei@gmail.com for info. Registration available at

Tuesday 7:30-8:30pm **Starting 9/16** Beg. Salsa, \$12

Tuesday 8:30-9:30pm **Starting 9/16** Int. Salsa, \$12

Middle Eastern Dance/Beg. Belly **NAJMAT**

Tuesday 6-7:30pm Middle Eastern Dance

Sunday 3 - 4pm **Starts 9/7** Beginning Belly Dance

Call (617) 775-9898 to register.

Hawaiian Dance **MARTA MOUSSA**

This is a repertoire/performance class for students who have taken Marta's class for at least 2 years. For more information about beginner and intermediate classes call:

Wednesday 6-7:30pm Call (781) 721-1080

Samba **DERALDO FERREIRA**

Learn Samba Dance—freestyle and partner—perfect for clubs and parties. Students will be introduced to Rio de Janeiro, Sao Paulo and Bahia styles. For info call 617-388-8403

Tuesday 7:30-9pm \$12/drop-in

JAZZ & HIP HOP

Int. Modern/Jazz **ANDY TAYLOR-BLENIS**

Intermediate modern jazz focuses on body alignment, core strength building and an expanding dance vocabulary using a variety of modern and jazz styles and techniques

Wednesday 7:30-9:30pm \$15/drop-in

Hip Hop **DAVID LIBERGE**

Visit www.hoptothebeat.com/hip_hop.html for 3 week session dates.

Sunday 1:30 - 3:00pm **Begins 9/14** Call 508-435-2363 for info

MARTIAL ARTS

Tae Kwon Do **ERIC RASMUSSEN**

Great for body isolations and movement. Fun, relaxed, no exp. nec.

Wednesday 7:30-9pm Call Eric Rasmussen (617) 359-4959 for info