



DRUM BEATZ	GROUNDED	MUSIC VIDEO DANCE	PRE-POINTE BALLET	TAP/JAZZ
<p>In this exciting high-energy dance and rhythm program, the powerful beat and rhythms of the drums are combined with a specially-choreographed dynamic routine to beat out pulsating rhythms and break a sweat! Throughout this fusion of cardio dance combined with the powerful elements of drumming, participants will be rocking out while they work out! Feel like a rock star as you experience the joy of movement, music, and rhythm in Drum Beatz.</p>	<p>This class combines tai chi movements, breathing exercises with a hip hop feel. Learn ways to take a break with yourself, for yourself. Life comes with so much stress. It is time we take a moment for ourselves to get grounded and breathe and stretch our bodies in different ways other than dance or yoga. If you enjoy hip hop music and are looking to lower stress levels through movement that will raise your chi (internal energy), this class is what you need to get grounded.</p>	<p>Join Miss Ari in learning all the moves from some of your favorite music videos including "Rain On Me" by Lady Gaga & Ariana Grande, "Dynamite" by BTS and "Ice Cream" by Blackpink and Selena Gomez. 3 classes will be dedicated to learning one routine - and YES the moves are straight from the real music video. Don't miss your chance to learn the breakdown and dance with the stars.</p>	<p>Students begin preparing the legs and feet for pointe work through a combination of pre-pointe appropriate exercises and ballet technique. This class requires that students are prepared physically and technically so students can focus on strengthening their feet, ankles, core, and back. Students must be serious about dedicating their time to strengthening for pointe work. Prerequisite: 2-3 years of ballet training and must pass the audition in order to enroll in the class.</p>	<p>Tap/Jazz is for students expanding their skills at tap, and jazz. It also allows the student to start their tap sounds and movements, devoting one half hour at a time on each skill base.</p>

