

Summer 2010 Master Class Schedule

| Program subject to change ☺ | July 16 | July 23 | July 30 | August 6 | August 13 |
|-----------------------------|---|---|--|--|--|
| 6:30 pm | Stretch & Strengthening PILATES Mat Class with Julie Marcotte | Learn Choreography in Ballet class with Miss Ana | Classical Ballet with Miss Caroline Cohn | Classical Ballet With Miss Shana Fox Marceau | <i>Summer Break – making the studio clean and shiny for you in September</i> |
| | | | 6:30 – 8 pm | 6:30 – 8 pm | |
| 7:30 pm | Body Energizing ZUMBA Class with Rebecca Doran | Hip-Hop & Lyrical with Miss Shana Fox Marceau | | | |

When you are a 5 week registered student for Ms. Marsden's Summer Ballet Program, these classes are available to you at no cost. Please take advantage of these special summer master classes that are designed for you to have fun. Only sign up if you are sure to attend. Class size is limited.

What is:

Join the Party! **Zumba** is a fusion of Latin and international rhythms incorporated into a dance fitness class you will absolutely love. It is so fun that it feels like exercise in disguise. The routines feature interval training sessions where fast and slow rhythms are combined to tone and sculpt your body while burning fat. Come have an absolute blast at an hour long calorie-burning, body-energizing dance party hosted by instructor Rebecca Doran! Clean sneakers and shorts required.

Hip-Hop is a [modern sub-culture](#) that originated in the 1970s in an [inner city](#) African American community consisting of rhythmic dancing and is a means of expression and an outlet for teenagers. Clean sneakers and shorts or ballet wear are required but also bring technique shoes for **Lyrical** is a combination of ballet and jazz technique it has a stronger emphasis on emotions and storytelling. (Technique shoes)

Pilates "method," as it is now known, is an exercise system focused on improving flexibility, strength, and body awareness, without necessarily building bulk. Your own mat and or large towel is required with no shoes or clean sneakers shorts or ballet wear.