



Summer 2011 – Friday Master Class Schedule

Program subject to change ☺	July 15	July 22	July 29	August 5	August 12
5:30pm	* 6:00pm - 7:30pm *	* 6:15pm-7:30pm		STAGE MAKEUP WITH ANA MARSDEN FOX	
6:30 pm	Classical Ballet With Mia Godbout * *	Prana Flow Yoga With Michael Lyons: RYT 200Hr, Reiki Master/Teacher *	Stretch & Strengthening PILATES Mat Class with Julie Marcotte	Ballet With Shana Fox Marceau *	Classical Ballet With Brooke DiFrancesco, IMC
7:30pm	Jazz with Joanne Donnelly, DTCB 7:30-8:30pm	Hip-Hop & Lyrical with Shana Fox Marceau	Body Energizing ZUMBA with Rebecca Doran	6:30 – 7:45pm *	6:30 – 8pm *
8:30 pm					

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 experiment and have fun. Only sign up if you are sure to attend. Class size is limited.

What is:

Zumba is a fusion of Latin & 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 & 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 or bare feet) **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. Come experience a **Basic Prana Flow Yoga** class! Set to music, this class will focus on alignment of the body in the postures, proper breathing and concentration of the basics for a strong foundation. Come prepared to light your inner fire, cleanse your body and be inspired! Students should wear clothing that will allow stretching & comfortable movement. Bring water (optional), a hand towel, & a yoga mat if you have one.