

# YOUTH CLASSES

Free Trial 1st class

MON THRU FRI  
3:15-4:15pm  
After school  
extended hours:  
3-6pm

## HIP HOP DANCE ages 4 - 9

Beginning Hip hop classes consist of warm up, progressions across the floor, and center combo. Hip Hop classes teach rhythm, musicality, and focus on individual expression while using kid-friendly hip hop music.

SATURDAYS  
AGES 2&3:  
10:30-11:30am  
AGES 4&5:  
NOON-1pm  
\$15 day/\$40 mo

## YOGA FAIRIES & WIZARDS

**Costume Tea Party:** Arrive in your fairy or wizard costume and explore the magic of movement, yoga poses, individual dance expression and games. Tea & refreshments provided for child & parent. Parents can join or relax in seating areas.

TUESDAYS &  
THURSDAYS

## PRINCESS DANCE ACADEMY

Please inquire for application & schedule.

# ADULT CLASSES & EVENTS

Free Trial 1st Class

MON & WED  
9-10AM  
\$20 Day  
Month \$140

## WAKE UP & WORK OUT

Energize your daily routine! 45 MINUTE WORKOUT & 15 MINUTE COFFEE BREAK  
Cardio, Abs & Gluts dance workout for a flat tummy and natural brazilian butt lift!

TUES & THURS  
9-10am  
\$10 Day  
Month \$65

## MORNING STRETCH & HUSTLE FOR SENIORS

For older active adults & those looking for low impact classes to build strength & mobility! 45 MINUTE WORKOUT & 15 MINUTE COFFEE BREAK. Light stretch, group step/shuffle dance

MONDAYS  
8:30-9:30pm  
9:30-10:30pm  
\$20 Day/\$60mo

## HEELS stiletto dance class

Instructor: Shanil.

Dancers will discover their own style and flow. Movement may incorporate turns, isolations, heel work variations, & floor work.

FRIDAYS  
1-2pm  
\$25 Day  
Month \$80

## MEN'S BALLET

### TRANSFORM YOUR BODY THROUGH STRENGTH & FLEXIBILITY

Try dance for the first time or continue your ballet studies. Class fosters artistry, love of dance and respect for one another. Versatile 21st century dance techniques build physical strength & help you understand body language thru ballet.



A space to create!

1640 Martin Luther King Jr. Way, Berkeley CreationsBerkeley.com 510-371-4113

