

CC & Co.
ADULT CLASSES
10 WEEK WINTER SESSION
JANUARY 19TH – MARCH 25TH

Monday	Tuesday	Wednesday	Thursday	Saturday
10:00am-11:00am NIA*		10:00am-11:00am NIA*	10:00am-11:00am NIA*	11:00am-12:00am NIA*
	7:15pm-8:15pm ADULT HIP HOP	2:30pm-3:30pm Stretch & Strengthen/Floor Barre		
	8:15pm-9:15pm ADULT TAP	8:00pm-9:00pm SOCIAL DANCING 1/20-2/17 - SALSA 2/3-2/24 - SWING 4/14-5/12 - TBD	8:30pm-9:30pm ADULT BALLET	

***NIA REGISTRATION AND PAYMENTS IS THROUGH THE WWW.TRIANGLENIA.COM**

****CLASSES MUST HAVE @ LEAST 5 ENROLLED FOR CLASS TO CONTINUE**

With our Winter Adult Class Session, you will be enrolling for the entire session, (or portion thereof prorated from the time you register).

Enrollment, 1/12-1/21	\$100 for 10 Weeks of Classes
Enrollment 1/22-1/28	\$90 for 9 Weeks of Classes
Enrollment 1/29-2/4	\$80 for 8 Weeks of Classes
Enrollment 2/5-2/11	\$70 for 7 Weeks of Classes
Enrollment 2/12-2/18	\$60 for 6 Weeks of Classes
Enrollment 2/19-2/25	\$50 for 5 Weeks of Classes
Enrollment 2/26-3/4	\$40 for 4 Weeks of Classes
Enrollment 3/5-3/11	\$30 for 3 Weeks of Classes
Enrollment 3/12-3/18	\$20 for 2 Weeks of Classes

**We recommend that you sign up for as many classes in a session that you can take so that you can learn with the class and progress from week-to-week. *With your registration you will be given the appropriate number of class cards that are left in the session. YOU MUST bring your card to each class and give to the instructor at the beginning of class.*

SEE CLASS INFORMATION ON REVERSE

Class Information

Adult Tap, Taught by Emily Shoemaker - Basic fundamentals of tap and combinations of steps built upon each week.

Adult Ballet, Taught by Eileen Juric - Basic fundamentals of the quality of movement and stretching in ballet, building upon movements each week.

Adult Hip Hop, Taught by Staci Thrash - Starting from the basics of Hip Hop, learn fun combinations and steps. Great cardio workout and music!

Stretch & Strengthen/Floor Barre, Taught by Eileen Juric - Stretch and Strengthen is a ballet based class that helps to develop your core and alignment. Geared towards dancers. Pilates-like movements. Improves flexibility, good for sports injury recovery, muscles and joints.

Social Dancing, Taught by Kathy Wappel - Each 5 week session of Social Dancing will focus on one area and build as each week goes by in the session. Session 1 will be Salsa, Session 2 will be Swing and Session 3 is TBD

Nia is a unique body-mind-emotion-spirit fitness and lifestyle practice that plays with elements from the dance arts, martial arts, and healing arts. All fitness levels are welcome, and everyone is encouraged to move their body's way. Nia is exhilarating, mindful, soulful, and invites you to seek pleasure in movement. The choreography is simple, but the results are powerful. Cost: A \$100 for 10-class card/valid for all classes, or \$12 drop-in. First class for free. Visit www.trianglenia.com to register, or send an e-mail to spiritsnmotion@gmail.com with questions.