

# FALL COMMUNITY CLASSES 2017

Fall Session begins September 11<sup>th</sup>

CLASS	TEACHING ARTIST	TIME	DATES	STUDIO	COST	
<b>MONDAY</b>						
Cardio Groove Combo + Stretch	Open Level	Mimi Rosenblatt	9:00-10:30 AM	Ongoing	Drop In / Class Pass	
Restorative Yoga	Open Level	Mimi Rosenblatt	11:00 AM – noon	begins 12/4		
Pilates	Open level	Ryoko Kudo	5:00-6:00 PM	Ongoing		
Modern	Experienced Beginner+, Ages 14+	Ryoko Kudo	6:00-7:30 PM	9/11-11/27	B	<b>Pre-registration required</b>
Belly Dance	Multi-level, Ages 14+	Fiona Slattery	6:30-7:30 PM	Ongoing	A	Drop In/Class Pass
Tai Chi	Open Level	Berkshire Tai Chi	6:30-8:00 PM	Ongoing	C	<b>Per Instructor</b>
<b>TUESDAY</b>						
Dancer Within	Beginner +	Bettina Montano	9:30-11:00 AM	Ongoing	B	Drop In / Class Pass
Flamenco 2	Adv. Beginner	Joanne Bockemuehl-Jackson	5:15-6:30 PM	through 12/12	C	
Broadway Jazz	Intergenerational, 13+	Tom Masters	6:00-7:30 PM	Ongoing	B	
Afro-Caribbean	Intergenerational, 13+	Kim Waterman	6:30-7:45 PM	Ongoing	A	
<b>WEDNESDAY</b>						
Cardio Groove Combo + Stretch	Open Level	Mimi Rosenblatt	9:00-10:30 AM	Ongoing	C	Drop In / Class Pass
Pilates	Open level	Ryoko Kudo	5:00-6:00 PM	Ongoing	C	
Ballet	Advanced Beginner +	Ryoko Kudo	6:00-7:15 PM	Ongoing	A	
Zumba	Beginner+, 13+	Lindsey Berkowitz	6:15-7:15 PM	Ongoing	C	
Scottish Country Dance	Open Level	Various	7:15-9:15 PM	Ongoing	C	<b>\$7 / Class</b>
<b>THURSDAY</b>						
Gentle Beginners Ballet	Beginner+	Kendra Lassar	9:00-10:15 AM	begins November 2	B	Drop In / Class Pass
Tap 1	Beginner+ Intergenerational, 13+	Tom Masters	5:15-6:15 PM	Ongoing	C	
Acting Improv for Anyone	Open Level	Tom Truss	6:30-8:00 PM	Ongoing	C	
Intro to Flamenco	Beginner+, 18+	Joanne Bockemuehl-Jackson	11:30-12:30 PM	through 12/16	C	
<b>FRIDAY</b>						
Cardio Groove Combo + Stretch	Open Level	Mimi Rosenblatt	9:00-10:30 AM	Ongoing	C	Drop In / Class Pass
Tai Chi	Open Level	Berkshire Tai Chi	10:30-12:15 PM	Ongoing	C	<b>Per Instructor</b>
Hip Hop	Intergenerational, 13+	Anna Masiero	5:45-7:00 PM	through 12/15	A	Drop In / Class Pass
Contact Improv Class		Tom Truss	5:15-7:15 PM	1 <sup>st</sup> & 3 <sup>rd</sup> weeks	C	
Contact Improv Jam		Tom Truss	5:15-7:15 PM	2 <sup>nd</sup> & 4 <sup>th</sup> weeks	C	<b>sliding scale \$5-\$10</b>
<b>SATURDAY</b>						
Ballet	Advanced Beginner+	Paula Modafferi	9:00-10:30 AM	Ongoing	A	Drop In / Class Pass
Zumba	Beginner+, 13+	Lindsey Berkowitz	10:40-11:40AM	Ongoing	A	
Modern 3 Advanced	Intergenerational, 15+	Ian Spencer Bell and Tom Truss	1:00-3:00 PM	Ongoing	B	
Alexander Technique Workshop		Tom Truss	3:30-5:30 PM	2 <sup>nd</sup> week of month	C	<b>\$25</b>

**MEMBERSHIP RATES: \$17 Drop-in, \$150 for 10 Class Pass, \$240 for 20 Class Pass**  
 Tuition assistance available – please inquire!

berkshirepulse.org

413.274.6624

[berkshire.pulse@gmail.com](mailto:berkshire.pulse@gmail.com)