

SPRING COMMUNITY CLASSES 2018

Spring Session begins January 3, 2018 unless otherwise noted

CLASS		TEACHING ARTIST	TIME	DATES	STUDIO	COST
MONDAY						
Pilates	Open level	Ryoko Kudo	5:00-6:00 PM	Ongoing	C	Drop In / Class Pass
Modern	Experienced Beginner+, Ages 14+	Ryoko Kudo/ Bettina Montano	6:00-7:30 PM	Resumes Jan 8	B	
Zumba	Ages 13+	Lindsey Berkowitz	6:15-7:15 PM	Starts Jan 8	A	
Tai Chi	Open Level	Berkshire Tai Chi	6:30-8:00 PM	Ongoing	C	Per Instructor
TUESDAY						
Dancer Within	Beginner+	Bettina Montano	9:30-11:00 AM	Resumes Jan 9	B	Drop In / Class Pass
Flamenco 2	Adv. Beginner	Joanne Bockemuehl-Jackson	5:15-6:30 PM	Resumes Jan 9	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	
WEDNESDAY						
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	Ages 13+	Lindsey Berkowitz	6:15-7:15 PM	Ongoing	C	
Scottish Country Dance	Open Level	Various	7:15-9:15 PM	Ongoing	C	\$7 / Class
THURSDAY						
Gentle Beginners Ballet	Beginner+	Kendra Lassar	9:00-10:15 AM	Resumes Jan 4	B	Drop In / Class Pass
Jazz	Open Level Beginners+	Bettina Montano	9:00-10:15 AM	Begins Jan 11	A	
Intro to Flamenco	Beginner+, 18+	Joanne Bockemuehl-Jackson	10:30-11:30AM	Begins Jan 11	C	
Tap 1	Beginner+ Intergenerational, 13+	Tom Masters	5:15-6:15 PM	Ongoing	C	
Belly Dance	Beginner+, 13+	Fiona Slattery	6:30-7:45PM	Begins February 1	C	
FRIDAY						
Cardio Groove	Open Level	Kim Waterman	9:00-10:00AM	Starts Jan 5	C	Drop In / Class Pass
Tai Chi	Open Level	Berkshire Tai Chi	10:30-12:15 PM	Ongoing	C	Per Instructor
Hip Hop	Open level Intergenerational, 13+	Anna Masiero	5:45-7:00 PM	Resumes Jan 12	A	Drop In / Class Pass
SATURDAY						
Yoga	Open Level	Erin Naylor	8:30-9:30AM	Starts Jan 6	C	Drop In / Class Pass
Ballet	Advanced Beginner-Intermediate	Paula Modafferi	9:00-10:30 AM	Ongoing	A	
Family Dance	Ages 4+ with Caregiver	Tom Truss	10:00-10:45 AM	Jan 27-May 19	C	
Zumba	Beginner+, 13+	Lindsey Berkowitz	10:40-11:40AM	Ongoing	A	
Alexander Technique Workshop		Tom Truss	3:30-5:30 PM	2 nd week of month	C	\$25

**MEMBERSHIP RATES: \$17 Drop-in, NEW: \$100 for 10 class Fitness Pass (Pilates, Zumba, Yoga, Cardio)
\$150 for 10 Pulse Class Pass, \$240 for 20 Pulse Class Pass (includes everything Pulse)
Tuition assistance available – please inquire!**

