

**BERKSHIRE PULSE FALL COMMUNITY CLASSES 2019- SEP. 9- JAN. 18**  
**Studios closed Oct. 14, Nov. 11, 27-30, Dec. 21- Jan 5, Unless otherwise noted**  
**FOR YOUTH, TEENS and ADULTS**

berkshirepulse.org

413.274.6624

berkshire.pulse@gmail.com

CLASS	TEACHING ARTIST	TIME	DATES	COST
<b>MONDAY</b>				
<b>Modern Intermediate/Advanced</b> Age 14+	Bettina Montano	5:30-7:00 PM	Sep. 16- Jan. 13	\$224 for series
<b>Tai Chi</b> Open Level	Berkshire Tai Chi	6:30-8:00 PM	Ongoing	Per Instructor
<b>Dance Expressions for Adults</b> ALL levels	Kristine Waterman	6:40-8:00PM	Begins Oct. 7	10 classes, class pass only
<b>TUESDAY</b>				
<b>Modern</b> Beginners +	Bettina Montano	9:00- 10:15 AM	Ongoing	Drop In/ Class Pass
<b>West African Drumming</b> Ages 12-Adult	Rick Shrum	6:00-7:00 PM	Sep. 17- Nov. 26 No class 10/1	\$160 for series
<b>Capoeira</b> Ages 12+	Tarcisio Ramos Dos Santos	6:30-7:45 PM	Ongoing	Drop In/ Class Pass
<b>Flamenco 1 Intergenerational</b> Ages 10- adult Beginners+	Joanne Bockemuehl- Jackson	5:20-6:20 PM	Sep. 17- Dec. 10	\$208
<b>Hip Hop/ Contemporary</b> Ages 13+ Previous dance experience required	Anna Masiero	6:30-8:00 PM	Ongoing Starts Oct 7	Drop In/ Class Pass
<b>Tap</b> Ages 13+ Beginner+, Open Level	Tom Truss	6:30-7:30 PM	Ongoing	Drop In/ Class Pass
<b>WEDNESDAY</b>				
<b>Yoga</b> Ages 13+ Open Level	Erin Naylor	6:00-7:00 PM	Ongoing	Drop in/Class Pass
<b>Modern Intergenerational</b> Ages 13-Adult Intermediate+	Ryoko Kudo	3:45-5:15 PM	Sept 18-Jan 12	Class Pass only
<b>Pilates Mat Class</b> Ages 14-adult	Jody Jones	5:45-6:45 PM	Ongoing	Drop In/ Class Pass
<b>Scottish Country Dance</b> Open Level	Various	7:15-9:15 PM	Ongoing	\$7 / Class to Instructor
<b>THURSDAY</b>				
<b>Modern/Jazz</b> Open Level Ages 14-Adult	Bettina Montano	6:00-7:15PM	Ongoing	Drop In/ Class Pass
<b>Flamenco 2</b> Intergenerational Ages 13- Adult Advanced Beginner+	Joanne Bockemuehl- Jackson	6:30-7:45 PM	Ongoing No class 12/12-1/9	Drop in/Class Pass
<b>FRIDAY</b>				
<b>Pilates Mat Class</b> Ages 14-Adult	Jody Jones	8:30-9:30 AM	Ongoing	Drop in/Class Pass
<b>Tai Chi</b> Open Level	Berkshire Tai Chi	9:30-11:00 AM	Ongoing	Per Instructor
<b>SATURDAY</b>				
<b>Yoga</b> Ages 13+ Open Level	Erin Naylor	8:30-9:30 AM	Ongoing	Drop In/Class Pass
<b>Ballet 2/3</b> Teens and adults ages 13+ Open Level, Experience required	Ryoko Kudo	9:30-10:50 AM	Ongoing	Drop In/Class Pass
<b>Zumba</b> Ages 13+ Beginner+	Lindsey Berkowitz	11:00-12:00 PM	Ongoing	Drop In/Class Pass
<b>Ballet for Beginners</b> Ages 13+ Beginner+	Sophie Breton	11:00-12:15 PM	Ongoing	Drop In/Class Pass
<b>Supported/Chair Yoga</b> Adults of all ages	Sophie Breton	12:30-1:30PM	Ongoing	Drop In/Class Pass
<b>Contra Dance</b> Intergenerational Ages 9-Adult	Maggie McRae	3:00-4:00 PM	Sep 14-Dec 7 No class 9/28 & 10/12	Drop In/Class Pass Family rate \$5/person for 3+ members
<b>MEMBERSHIP RATES</b>				
<b>\$17 Drop In Class</b>		<b>\$100- 10 class fitness pass (Pilates, Zumba &amp; Yoga classes)</b>		
<b>\$150 for 10 class Pass*, \$240 for 20 Class Pass* (*Includes all class passes)</b>				
<b>Youth Classes/programs and Workshops have session- based rates, as noted</b>				
<b>*Tuition assistance and EBT Card to Culture discounts available for these passes – please inquire!</b>				