

FOR ADULTS and TEENS - SPRING CLASSES 2020

January 6-June 20, *unless otherwise noted. No classes January 20*

berkshirepulse.org

413.274.6624

berkshire.pulse@gmail.com

| CLASS | | TEACHING ARTIST | TIME | DATES | COST |
|---|---|---------------------------|--|----------------------------|---|
| MONDAY | | | | | |
| Cardio Groove | Ages 14-Adult | Mimi Rosenblatt | 9:00-10:30 AM | Ongoing Starts Feb. 3 | Drop In/Class Pass |
| Ballet 3 | Age 12-Adult Intermediate/Advanced | Micheline Weiler | 3:45-5:15PM | By session | \$240 for series |
| Modern | Age 14-Adult Intermediate/Advanced | Bettina Montano | 5:30-7:30 PM | Ongoing | Class Pass |
| Tai Chi | Open Level | Berkshire Tai Chi teacher | 6:30-8:00 PM | Ongoing | Per Instructor |
| Ballet | Ages 13-Adults Beginner/Open Level | Micheline Weiler | 6:45-8PM | Ongoing Starts Feb. 3 | Drop in/Class Pass |
| TUESDAY | | | | | |
| Pilates Mat | Age 14-Adult | Jody Jones | 8:15-9:15 AM | Ongoing | Drop In/Class Pass |
| Modern | Beginner /Advanced beginners | Bettina Montano | 9:15- 10:30AM | Ongoing | Drop In/Class Pass |
| Capoeira | Ages 12-Adult | Tarcisio Ramos Dos Santos | 6:30-7:45 PM | Ongoing Starts March 10 | Drop In/Class Pass |
| Flamenco 1 Intergenerational | Ages 10- Adult Beginner+ | Joanne Bockemuehl-Jackson | 5:20-6:20 PM | Ongoing | \$256 for series Prorated if joining later |
| African | Ages 13-Adult | Ngonda Badila | 7:00-8:15 PM | Ongoing | Drop In/Class Pass |
| WEDNESDAY | | | | | |
| Cardio Groove | Ages 14-Adult | Mimi Rosenblatt | 9:00-10:30 AM | Ongoing Starts Feb. 5 | Drop In/Class Pass |
| Yoga- Vinyasa Flow | Ages 14-Adult | Lisa Darling | 9:00-10:00AM | Ongoing Starts March 4 | Drop In/Class Pass |
| Yoga | Ages 13-Adult Open Level | Erin Naylor | 6:00-7:00 PM | Ongoing | Drop in/Class Pass |
| Modern Intergenerational | Ages 13-Adult Intermediate+ | Ryoko Kudo | 3:45-5:15 PM | By Session | \$256 For session |
| Scottish Country Dance | Open Level | Various teachers | 7:15-9:15 PM | Ongoing | \$7 / Class to Instructor |
| THURSDAY | | | | | |
| Barre for Abs and Butts | Ages 14-Adult | Mimi Rosenblatt | 9:00-9:50 AM | Ongoing Starts Feb. 6 | Drop In/Class Pass |
| Gentle Yoga Flow | Adult | Mimi Rosenblatt | 10:00-11:00 AM | Ongoing Starts Feb. 6 | Drop In/Class Pass |
| Tap | Ages 11-Adult Intermediate+ | Tom Masters | 5:15-6:15 PM | By Session | \$256 For session |
| Modern/Jazz | Ages 14-Adult Open Level | Bettina Montano | 6:00-7:30 PM | Ongoing | Drop In/Class Pass |
| Flamenco 2 | Ages 13- Adult Advanced Beginner+ | Joanne Bockemuehl-Jackson | 6:30-7:45 PM | Ongoing | Drop in/Class Pass |
| FRIDAY | | | | | |
| Cardio Groove | Ages 14-Adult | Mimi Rosenblatt | 9:00-10:30 AM | Ongoing Starts Jan 31 | Drop In/Class Pass |
| Ballet 3 | Ages 12-Adult Intermediate/Advanced | Micheline Weiler | 3:45-5:15PM | By Session | \$224 for session |
| Ballet 4 Pointe Variations | Age 14-Adult Advanced | Micheline Weiler | 5:15-6:15PM | By Session | \$240 for session |
| Contemporary | Age 13-Adult Open Level | Veronica Bone | 6:00-7:15PM | Ongoing | Drop In/Class Pass |
| Tai Chi | Open Level | Berkshire Tai Chi teacher | 9:30-11:00 AM | Ongoing | Per Instructor |
| SATURDAY | | | | | |
| Yoga | Ages 13-Adult Open Level | Erin Naylor | 8:30-9:30 AM | Ongoing | Drop In/Class Pass |
| Cardio Groove | Ages 14-Adult | Mimi Rosenblatt | 8:30-9:30 AM | Ongoing Starts Feb. 1 | Drop In/Class Pass |
| Broadway Jazz | Ages 14-Adult Intermediate+ | Tom Masters | 11:00-12:30PM | By Session | \$256 |
| Ballet | Teens and adults ages 13+ Advanced beginners/ Intermediate | Ryoko Kudo | 9:30-10:50 AM | Ongoing | Drop In/Class Pass |
| Ballet for Beginners | Ages 13-Adult Open Level | Fiona Scruggs | 11:00-12:15PM | Ongoing | Drop In/Class Pass |
| Zumba | Ages 13-Adult Beginner+ | Lindsey Berkowitz | 11:00-12:00 PM | Ongoing | Drop In/Class Pass |
| CLASS RATES | | | | | |
| \$17 Drop-in Class | | | \$100- 10 class fitness pass (Pilates, Zumba, Cardio, Barre & Yoga classes) | | |
| \$150 for 10 class Pass*, \$240 for 20 Class Pass* (*Includes all class passes) <i>Some classes/programs and workshops have session-based rates, as noted above</i> | | | | | |
| *Tuition assistance and EBT Card to Culture discounts available for these passes – please inquire! | | | | | |

