

## **Weekly Community Classes**

**Weekly Community classes are running from July 5- July 31, unless otherwise noted. Classes will take place at either Berkshire Pulse or Chesterwood.**

**Community class rates for the Summer Session:**

**4 for \$50 Class Pass**

**10 for \$150 Class Pass**

**20 for \$240 Class Pass**

**10 for \$100 Fitness Pass**

### **BALLET for adults and youth ages 11+ with Micheline Weiler**

The ballet classes are open to dancers ages 11+ with varying experience levels. Modifications and progressions are given to accommodate and challenge dancers appropriately. The beginning ballet dancer will learn the core foundations of ballet technique while learning the ballet vocabulary, musicality, and freedom of expression through movement. The intermediate/advanced ballet dancer will maintain stamina, develop speed in learning combinations, and further explore artistry in ballet. All dancers will be challenged to enhance balance, coordination, and flexibility. Small jumps, pirouettes and turns, and traveling movements are adjusted to fit small dancing spaces.

**Monday 6:30-7:45PM**

**Pulse studios and on Zoom**

### **COMMUNITY BALLET for ages 12+ With Micheline Weiler**

Dancers will be challenged to enhance balance, coordination, flexibility, and footwork. Barre work will include exercises to both improve speed and accuracy of movement, as well as those to build strength and control in adage. Center work will build upon the dancers' proficiency, as well as develop artistry through the movements – port de bras, adagio, small jumps, pirouettes and turns and traveling movements. Modifications and progressions will be made to accommodate each dancer's ability level.

**Pulse Studios**

**Tuesday, 6-7:30pm**

**Saturday, 10:30AM-12PM**

### **OPEN LEVEL MODERN for ages 14 - adult With Jordyn Cormier**

Let's move and feel good! This open level class is simply about indulging in the joy of movement. We'll explore some structured improvisation as well as basic contemporary techniques and gentle phrasework.

**Chesterwood**

**Thursday 6-7:30PM**

**MODERN, INTERMEDIATE/ADVANCED for ages 16-adult**

**with Bettina Montano**

Drawing from a variety of modern dance traditions and techniques, this class emphasizes technical and artistic classwork which develops strength, flexibility, alignment, musicality and versatility of expression. Classes begin with structured improvisation and extensive floor-work, progressing to dynamic phrases in center, at the barre and traveling across the floor.

**Chesterwood**

**July 5 - August 16**

**Monday, 6-7:45 PM**

**OPEN LEVEL MODERN for ages 14-adult**

**with Bettina Montano**

This gentle dance class for adults and teens is based on breath, flow, rhythm and release. Drawing on various expressions and techniques of modern dance, classwork includes opening with structured improvisation into warm-up exercises in center which move into more generous use of space with joyful and dynamic phrases.

**Chesterwood**

**Wednesday, 9-10:15AM**

**INTRO TO DRUMMING for ages 14+**

**with Rick Shrum**

This rhythm and world music introductory class offers students a chance to feel and play with the rhythms of their own lives and of the world. Drummers will listen and learn the pulse and patterns of rhythms to repeat and master, the "call and response" of songs and to hear and respond to "the break" (to start, change, and stop movement and playing.) As the class progresses the group will learn to play different parts against and with one another creating an ensemble of inspirational rhythm and music. Instruments provided.

**Chesterwood**

**Monday, 4:30-5:30pm**

**YOGA, ALL LEVELS**

**with Erin Naylor**

Whether this is your first or 200th class, you'll feel right at home here! With an emphasis on basic alignment and foundations, asana (postures), pranayama (breath exercises)

and meditation are broken down for greater understanding and exploration of the body. Questions and requests are encouraged. Detailed instruction is provided, and all are welcome. Bring a mat, blocks, strap and anything else you like to use when taking a yoga class.

**Chesterwood**

**Wednesday, 6-7 PM**

**Saturday 9-10 AM**

## **TAI CHI**

### **with Berkshire Tai Chi**

Manage stress and enhance your health, focus, balance and vitality with the ancient Chinese art of Tai Chi. A unique form of “moving meditation,” tai chi calms the mind, relaxes the body and strengthens the spirit. Much of tai chi is practiced slowly and gently, ideal for people of all ages and health conditions. Classes will include qi gong (energy cultivation), along with stretching and conditioning exercises. Sifu Kathy Crowe and Sifu David Crowe are certified teachers of authentic Ch’ang style tai chi.

Berkshire Tai Chi classes now include instruction in Dragon and Tiger Qigong, a simple yet very powerful set of movements designed to cultivate and move chi through the body. It is a 1,500-year-old self-healing movement system, based on the principles of acupuncture. Qigong, or energy work, helps develop good structure, vitality, balance and coordination, while gently increasing flexibility and stretching soft tissues of the body.

**Monday 6:30-8PM**

**Friday 9:30-11AM**

**at Pulse and on Zoom**

**Ongoing**

*Contact [greatchi@berkshiretaichi.com](mailto:greatchi@berkshiretaichi.com) for information and registration.*