

Rhythm Room Dance & Movement Center

Class Descriptions- ADULT / TEEN CLASSES

* = Bring a towel

Acting: Acting workshops focus on tools and techniques needed for commercial auditions. Learn audition etiquette and how to research audition opportunities. Registration required.

Audition Opportunities: Do you want to know about upcoming dance auditions? Ask to be on our audition e-mail blast. Auditions include Commercials, videos, local dance Companies and agent auditions!

Audition Workshops: Are you interested in auditioning for a dance team, a music video, or for an agent? Learn how to create a 'look' and get noticed. Participants will learn secrets to preparing for a good audition and then they will take part in a mock audition. Optional photo shoot included on specified dates.

Ballet 1-2: This class is designed for adults who have had prior dance instruction and want to refresh their technique or build strength and grace.

Bellydance Basic: Level 1. This class is an introduction to bellydance for new or returning students to bellydance that want to learn the basic techniques. This class will also introduce props using veils and finger cymbals. Both contemporary and traditional Middle Eastern music will be used. Props and Hip Scarves will be available if needed!

* Bellydance Fusion: Levels 2-3. For Intermediate and Advanced bellydance students that have the basics and can play basic finger cymbals. This dance fusion class is a fusion of bellydance mixed with Latin, basic hip hop, and other dance forms to create a new and refreshing contemporary dance using traditional music and the current sounds and top 40 hits of the Middle East today, as well as contemporary artists like Shakira and Natacha Atlas. Veils and the use of balancing props will also be used in this class.

Bhangra: See Indian Workout

Body Percussion: Make music using your body, percussion tools or household items. Instruments provided. Students will learn to create and combine unique sounds similar to "Stomp". Great for ages 9-adult!

Broadway Jazz: Learn choreography often seen in Broadway shows like Chorus Line and All That Jazz. Choreography may incorporate props such as canes or hats.

* Boot Camp: Get ready..This non-stop workout combines cardio conditioning with circuit training. Class starts with stretching and ends with abs. Students that miss the stretching portion are not permitted in class!

* Cardio Belly: This heart pumping class combines belly dancing with a fun cardio workout. Great for novice through advanced belly students or any student wanting to sweat!

* Cardio Dance: This workout will make you sweat. Class begins with stretching and quickly moves into a heart pumping workout filled with creative choreography. May include floor work.

Cheerleading: Learn proper arm positions and cheer techniques. Class incorporates sidelines, pom routines, kick lines and more.

Choreography: This class will bring out your creativity. Instructor will provide specific steps that the students will use to create their own unique combinations. Students will also learn how to create levels and line changes within their combinations. The Director must approve students.

* Core Kick n' Tone: This cardio workout is a mix of kickboxing, toning and Pilates. The toning emphasis will be on the abs, butt and thighs.

* Dance Fusion: A non-stop workout designed for beginner adults that want to learn a variety of styles. The 1st half includes stretching, isolations, and a cardio workout. The 2nd half you will learn a dance combination including hip hop, jazz, Latin, or showgirl style moves.

East Coast Swing: East Coast Swing, sometimes known as Jitterbug, is an up-tempo dance style with a six-count basic step. It features

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a wide range of turns, pivots, and chances to embellish for both the leader and follower. East Coast Swing has a variety of dance styles and attitudes, although it's typically associated with the freewheeling style of Lindy Hop. East Coast Swing is danced to almost any kind of rock and roll or big band music.

Flamenco: Learn fundamental Flamenco technique including footwork, arm work and rhythms from an experienced instructor and performer. The instructor is a professional Flamenco dancer. Bring leotard, skirt, and character shoes.

Fosse Workshop: This jazz style is based on Fosse choreography from the Broadway show.

Foxtrot Basics: The Fox Trot is a traditional ballroom dance that focuses on moving around the dance floor. It is an easy-going, "walk in the park" dance done to upbeat big band music. This class is for the absolute beginner.

Free Dance: This FREE or by donation class is reserved for new instructors to get exposure, for college dance majors or Rhythm Room students from our pre-professional program. It is open for student's 7yrs through adult! See our website for weekly details. This class will not be offered every week.

FREE Dance Day: This special day of FREE classes is for adults only. This is a rare opportunity to test out a variety of classes from our adult program. See our website for our next Free Dance Day event.

High School Dance Party: A safe, fun night out for the teens. Can be done as a school or team fundraiser. We incorporate music and special effect lighting.

Hip Hop: Hip Hop classes are available at all levels for adults & teens. Learn the newest hottest dance moves from local dance professionals. Level 1 classes do not incorporate any floor activity, unless offered as an option. Levels 2 and 3 may incorporate floor combinations-Kneepads required for advanced class only. Basic Hip Hop is for the absolute beginner and is instructed in a non-intimidating, encouraging atmosphere! Basics include body waves, rolls, slides, isolations and more!

Indian Workout: A unique rhythmic workout! Learn to Bhangra, a high-energy, upbeat dance from Northern India. Its Dhol (drum) beats will get your hips shaking and arms moving, giving your entire body an intense cardio workout!

* Jazz: This Jazz class is designed for those that share a passion for dance and want to get a workout. This class will include a warm-up, technique combinations and a choreographed Jazz routine. Level 3 is designed for Pre-professional or advanced students only. Basic Jazz is for the absolute beginner and will cover proper body alignment, balance, spotting on turns and more! Consistent basic students will quickly advance to level 1 and 2!

Jazz Technique: This jazz class is strongly focused on technique to help build control and strength for beginner & intermediate level. Includes warm-up, across the floor, and short combinations. Not currently offered. Please express interest if you want this class!

Jazz Workout: See Dance Fusion

LA Jazz: This class incorporates technical jazz training with a commercial style prevalent in Los Angeles. Instructor was trained and professionally employed in Los Angeles.

Latin Jazz: This class will offer warm-up and a combination of jazz techniques with Latin music. Have fun learning all Latin dance steps combined with a full hour and 15 minute cardiovascular workout.

Lyrical Jazz: A Jazz class that applies ballet training to the core of its technique and choreography. A fun class for those needing to "clean up" their technique without the ballet atmosphere!

Moroccan Percussion: Learn to play different percussion instruments like hand drum, tambourine and other Middle Eastern and North African instruments. All instruments are supplied. This workshop is offered monthly. See website for upcoming dates.

Musical Theatre: Incorporating elements of dance, acting, voice and performance techniques, musical theatre students ages 14 and up will learn what it takes to become a "triple threat". Dancers Stretch: This intensive stretch class uses traditional dancer's stretching exercises. Class is designed to increase your range of motion, improve alignment.

NIA - Neuromuscular Integrative Action: NIA is a blend of dance arts, martial arts and healing arts. It is the ultimate "East meets West" method to tone your body, mind & spirit.

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Photo Shoots: Monthly shoots available for anyone needing professional, high-resolution photos for creative or professional purposes. A stylist will help with posing and props! See our website photo shoot link for dates and details. A \$35 nonrefundable deposit is required to reserve a spot.

* Pilates: This form of exercise focuses on building a healthy, injury-free body by encouraging controlled and concentrated moves. This body-conditioning program requires a yoga mat and towel.

Praise Dance: This is for the dancer who wants to learn how to express their love for God through body movement. This class will have you moving to Gospel & Contemporary Christian music while praising and uplifting God. Not currently offered

Rumba Basics: Rumba is a Latin "spot" dance. That is, it centers on a specific location. It is common in clubs, where dance space is often at a premium. The Rumba offers steps and turns, with the leader and follower usually mirroring each other. Rumba is danced to slower, often romantic music.

Salsa: Come with a partner or on your own! Learn the basics of this beautiful and exuberant dance style or progress with more advanced movement in the level 2 class.

Showgirls: A thrashy, jazz creative workout. This class is specially designed for women ages 18 and older only due to adult music content and choreography style! If you are looking for something different, then this class is for you! Music varies from current MTV sounds to Broadway tunes. Props may include chairs, boas, shirts or scarves.

Street Jazz: Jazz with an urban flair. Combines hip hop with jazz.

Swing Basics: this class is designed for the absolute swing beginner. See East Coast and West Coast Descriptions.

Tahitian: This is a technique class, may be accompanied by live music. Level 2 requires a minimum of 1-year class experience or instructor approval. Not currently offered. Please express interest if you want this class!

Tango: Learn a variety of tango patterns that include stylized poses and provocative dance moves. This is a registration Workshop.

Tap: This classic style rhythm training is offered at 2 levels! Learn to stamp, step, stomp, dig, shuffle, flap and more with the local thespians for a fun workout!

Tumbling: This open class welcomes various ages and levels. Build strength and flexibility. Mat work includes rolls, handstands, cartwheels, backbends, limbers, walkovers, and more.

Turns, Kicks, & Leaps: Come and work at your own pace. This class will focus just on technique. Includes turns, jumps, & strengthening. Open to all levels—this class is about you! Not currently offered. Please express interest if you want this class!

Video Dance: Learn choreography as seen in popular music videos.

Voice-Over: see www.susansvoicemedia.com

Waltz Basics: Waltz is a smooth progressive dance characterized by long, flowing movements, continuous turns, and rise and fall. Waltz has its own three-beat style of music. This class is for the absolute beginner.

Wedding Couple First Dance: Designed for couples preparing for their wedding day. Contact the Rhythm Room to be put on our interest list. Registration required.

West African Dance: West Africa has an enormously rich cultural heritage in the arts that have long been traditional sources of self-knowledge, community cohesion, and spiritual communion. Come and learn traditional dances, rhythms, and songs from Senegal and Guinea. Class warm-up includes working on core strength, flexibility, stamina, groundedness and rhythmic sensibility. This is a multi-level class; everyone is welcome. Instructor will also share the culture of Africa through drumming, singing and storytelling. Class will be offered as a workshop and eventually a weekly class!

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West Coast Swing: West Coast Swing is a smooth and sexy dance style that is danced in a slot (a narrow line), making it perfect for a crowded dance floor. West Coast Swing is danced to a variety of music, including rock, blues, funk, country & western, disco and contemporary pop. West Coast Swing also stresses leader-follower connection and dancing in close harmony with the music