

WRAINBOW BALLROOM
101 East Mulberry St.
Bloomington IL 61701

(Visit website for registration and/or directions)

www.wrainbowballroom.com



SATURDAY MORNING DANCE CLASS
Saturday Mornings 10:30-11:45am
Only \$10 per class for 75 minutes of instruction

WINTER SESSION

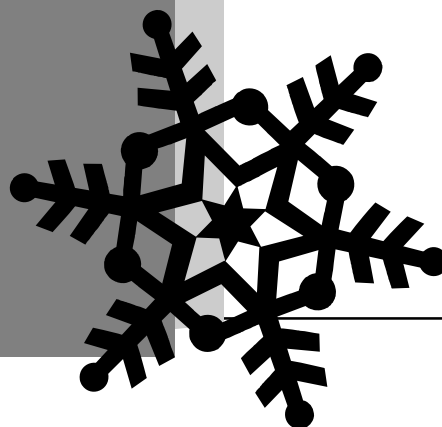
December 3, 2011-February 18, 2012
NO CLASS 12/24 or 12/31/11

Saturday Morning Dance Class Strength, Stretching and Technique for dance 10:30-11:45am

Instructor: Chery Lambert

For more information call

309-838-8738



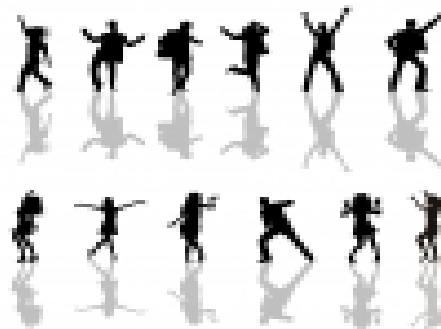
Dance Strength, Stretching

and Technique

Each class will begin with warmup and technique sequences designed to improve core strength, flexibility, comprehensive body connection and alignment . After warmup, dancers will be taken through a variety of exercises and sequences to improve balance, dance technique and styling.

Each class will also include a short dance sequence to reinforce technique and help participants experience the joy of putting a series of movements together into a short "dance" combination.

Please bring your own floor mat. Wear "danceable" clothing and ballet or jazz shoes or socks.



PRICING:
PAY AS YOU GO
ONLY \$10 PER CLASS