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Our Mission: Quality, artistic education and personal growth in an inclusive learning environment.

ADULT CLASS DESCRIPTIONS

BALLET - A performing Art combining poses and steps with flowing movement. Using technique as a liberating force each student is encouraged to express their individual strengths and personality through dance.

- **BALLET BASICS** – A foundation class for the absolute beginner, you will learn the basic positions of arms and legs, correct body posture and alignment, a beginning vocabulary of steps and simple combinations of movements using those steps. Each class begins with breathing alignment exercises in the center floor followed by barre work and stretching. Class continues in the center floor, practicing the elements learned at the barre. Fuller more free movements are practiced moving across the floor culminating in small jumps and grand allegro – big jumps also moving across the floor.
- **INTERMEDIATE BALLET** - Class follows the same structure as Basics; a breathing and alignment warm-up, barre, center floor and grand allegro moving across the floor. Using the elements learned in basics as the building blocks, barre exercises expand and increase in repetitions and speed and include more stretching. The center floor work employs longer and more involved combinations which build more strength, flexibility and stamina required for this level of Ballet.
- **ADVANCED BALLET** – This class introduces additional, more complex vocabulary. There is a longer, more challenging barre with increased repetitions. The center floor combinations include multiple pirouettes and petit allegro with batterie. Also, more strenuous jumping and longer, more involved grande allegro. There is increased pointe work.
- **POINTE** – An introductory class for those students enrolled in a minimum of two Ballet classes a week who have acquired the necessary strength and technique. Teacher approval required. The focus is on the elementary skills of pointe work through strength building, alignment and proper placement.

MODERN DANCE – A Horton Technique class that features a strong, exhilarating, flowing choreography. Class begins with a set warm-up that will strengthen core muscles, develop flexibility, strength and musicality and continues with the repetition of essential elements culminating in the fluid choreography for which modern dance is known.

JAZZ – This class develops focuses on strength/flexibility, agility, syncopation and choreographic memory and features contemporary moves as seen on Broadway, music videos and Vegas production; danced to contemporary music.

AFRICAN DANCE– A 90 minute high energy class that exhibits cultural traditions from Western, Central, and Southern African. This class also features live drum accompaniment.

SALSA – This popular, high energy social dance form originated in the Caribbean. The movements of salsa have origins in Cuban Son, cha-cha-cha, mambo and Puerto Rican bomba and plena and other danceforms.

TAP - Tap dance is characterized by using the sounds of tap shoes striking the floor as a form of percussion. Two major variations on tap dance exist: rhythm (jazz) tap and Broadway tap. Broadway tap focuses on dance; it is widely performed in musical theater.

DANCE FITNESS CLASSES

VIXEN WORKOUT– This fitness class is a 60 minute cardio dance sweat session performed in a dark room with club lighting to music from artists like Beyonce, Britney, Rick Ross, & Rhianna--creating a workout experience like none other! When put together in a sequence of routines (which incorporates plyometrics, squats, lunges, and core work, and laid to the hottest tracks on the radio), The Vixen Workout tones and strengthens the body from head-to-toe and torches between 500-1000 calories an hour.