



DANCECITY

DANCE FOR THE NORTH EAST

DANCE CLASSES FOR EVERY BODY



**FREE
TASTER
OF ANY
NEW CLASS!**



Monday 2 September -
Sunday 15 December 2019

dancecity.co.uk

0191 261 0505

WELCOME!

Last year we danced around the world!

Our class attendees, students, performers and everyone else we engaged with completed well over 65 Million steps – enough to circumnavigate the globe. Many dance classes can help you achieve your personal step goals, and we've indicated which classes typically involve 1,000+ steps for your information.



DON'T SWEAT, SPARKLE

Dancing is a calorie burner

The cardio workout dancing provides both in classes and when busting a move on the dancefloor greatly improves your aerobic fitness especially when done regularly.

Dancing strengthens your bones

Dance is a form of weight-bearing exercise, a type of exercise that has been proven to improve bone condition and help them grow healthy and strong!

Dancing keeps you young

From improving mental function to boosting heart health, dance provides a number of unique benefits that look after your body and can lessen some of the effects of ageing.

Dancing improves your memory

Dancing has been found to blend cerebral and cognitive thought processes with muscle memory, meaning that regular dancing can help strengthen and improve anyone's memory retention.

Dancing is social

Dancing is a great way to meet new people with a common interest from all walks of life and spark new friendships outside of work.

Dancing relieves stress

There's extensive research that supports dance's ability to act as a stress reliever as it produces endorphins that cause our bodies to feel calm and optimistic.

EXCITING **NEW** CLASSES & WORKSHOPS



Bachata, Contemporary Ballet, Dance Technique, Dancefloor Basics, Drop It Like It's Hot, Disney-style Dancing (4-8yrs), Hip Hop Reggaeton, Introduction to Yoga, Lyrical (11-15yrs), Meditation, Partner Yoga, Pointe, Power Yoga, Rockout Workout, Tango, Yoga & Relaxation.

And also...

We have added another 55+ Ballet Beginners class due to popular demand, taking us to 10 specialized 55+ classes every week.

Adult Popping and House classes are now available to 14+yrs.

FREE FIRST-TIME TASTER OF ANY **NEW** CLASS!

Simply book your first-time place on any class marked **NEW** in this brochure by phone, in person or online and the 100% discount will be applied. Try any and all **NEW** classes for free first-time, throughout the Autumn/Winter term.

ADULT CLASSES

16+

Barre

250-300 calories

Targets: lower body, core and flexibility.

Ballet, Yoga and Pilates combine in a high impact workout that provides isometric strength training.

Dancefloor Basics

250-320 calories **NEW**

Targets: agility and coordination.

In this class, you will learn the basics of dancing, developing skills in rhythm, timing and covering all of the basic steps such as turns, simple footwork and moving through the space.

Musical Theatre

300-550 calories

Targets: cardio, arms and lower body.

Create routines inspired by the West End and Broadway.

Salsa

405-480 calories
1,000+ steps

Targets: endurance and weight loss.

This fluid and expressive style is quick to learn and is set to an infectious latin soundtrack.

Bollywood

300-500 calories
1,000+ steps

Targets: coordination, hand and wrist mobility, cardio.

One of the most famous dance styles from India using themes such as glamour, storytelling and beautiful visualisation.

Drop It Like It's Pop

350-550 calories
1,000+ steps **NEW**

Targets: cardio, endurance, upper and lower body.

A fun and energetic class with upbeat routines in a variety of styles to the best pop classics of all times!

Meditation

These relaxing classes will teach you the skills and technique to clear the mind and achieve a sense of calm and flow. **NEW**

Street

350-600 calories
1,000+ steps

Targets: core, glutes, cardio.

First seen in the USA in the 70's. An interesting and energetic amalgamation of many Hip Hop and Funk dance styles.

Contemporary

340-600 calories
1,000+ steps

Targets: flexibility, posture, full body workout.

Learn a fusion of styles and get to grips with group choreography building a variety of movement skills.

FitSteps®

390-500 calories
1,000+ steps

A mix of the graceful steps of Ballroom and the up-tempo steps of the Latin dances to create a fun, and effective way to stay fit.

PiYo Workout

400-550 calories **NEW**

Targets: strength, flexibility and tones muscles.

Innovative Yoga and Pilates influenced workout set to energetic music.

Tap

200-700 calories
1,000+ steps

Targets: cardio, legs.

Learn the steps and technique of this iconic style and work them into combinations and routine.

Contemporary Ballet

340-600 calories
1,000+ steps **NEW**

Targets: flexibility, posture, full body workout.

A Ballet-focused Contemporary class, with new exercises every week which build to a short phrase at the end of class.

Flamenco

250-350 calories

Targets: arms, legs and posture.

Pick up the essential foot/heel rhythms, posture, strength and body control.

Popping

400-550 calories

Targets: core, glutes, arms and shoulders.

A Hip Hop style which is concentrated on contracting muscles in the arms, torso, legs and neck to create the illusion of controlled 'robotic' movement.

Urban Vibes

400-550 calories
1,000+ steps

Targets: core, glutes, arms and shoulders.

Intricate and expressive whilst allowing you as the dancer to find your own groove.

Afro Mix

350-650 calories
1,000+ steps

Targets: cardio, full body workout.

Afro Mix combines a mixture of Afro-Caribbean styles for a fun and challenging dance workout.

Contemporary Floor Work

340-600 calories

Targets: flexibility, posture, core.

This class provides an in-depth focus on floor work and transitions, helping you to develop confidence and experience in working on the floor.

Hip Hop Reggaeton

370-610 calories
1,000+ steps **NEW**

Targets: core and glutes.

A traditional street style with an infusion of Latin and Afro style steps, such as salsa, body waves and isolations.

POUND® ROCKOUT. WORKOUT

400-700 calories
1,000+ steps **NEW**

Targets: arms, glutes, cardio.

Instead of listening to music, you become the music in this session inspired by the infectious, energizing and sweat-dripping fun of playing the drums.

Vinyasa Flow Yoga

300-500 calories

Targets: breathing, core, flexibility.

This flowing class aims to consciously link the breath and body to achieve more steadiness and overall comfort.

Ashtanga Yoga

330-420 calories

Targets: breathing, core and flexibility.

A dynamic and energetic practice which synchronizes breath with movement.

Egyptian Belly Dance

270-320 calories
1,000+ steps

Targets: glutes, arms, back and lower body.

A fun social class designed to equip you with all the basic moves.

House

350-600 calories
1,000+ steps

Targets: cardio, endurance, upper and lower body

A fast-paced style of Hip Hop dance giving you a high energy cardio workout while learning new steps.

Tango

250-350 calories

Targets: arms, legs and posture.

From the backstreets of Buenos Aires to Parisian high society, this is the extraordinary dance that captivated the world.

Yoga & Relaxation

180-360 calories per hour **NEW**

A relaxing class which combines yoga, meditation and Shavasana to improve mental and physical wellbeing.

Ballet

380-450 calories
1,000+ steps

Targets: lower body, arms, posture.

Learn the art of classical Ballet and build strength, poise and flexibility.

Dance Technique

300-550 calories **NEW**

Targets: cardio, arms and lower body.

Perfect your dance technique for a range of styles such as Jazz, Ballet and Contemporary.

Introduction to Yoga

A beginner's guide to yoga working through the basic yoga poses, flows and postures, offering advice and explanations behind each movement. **NEW**

Pilates

180-360 calories

Targets: core and back.

A series of low impact exercises designed to strengthen the body, particularly the core.

Ballroom

250-320 calories

Targets: agility and weight loss.

A relaxed and social class where you'll learn a range of dances, such as Waltz, Quickstep and Foxtrot.

Dance Workout

350-650 calories
1,000 steps

Targets: cardio, full body workout.

Get fit and feel energised as you dance a range of styles to upbeat pop music.

Jazz

300-550 calories

Targets: cardio, arms and lower body

Jazz hands at the ready in this challenging, fast paced class, perfect for people with some dance experience.

Power Yoga

400-550 calories **NEW**

Targets: core, flexibility, arms and shoulders.

A dynamic strength-based practice designed to challenge the body through a higher tempo flow.

Please note that calorie burn and step figures are approximate and can vary based on individual height and weight, as well as the level of intensity of movement during classes.

CLASS TIMETABLE

Monday 2 September –
Sunday 15 December

Monday

Class	Time	Age	Level
Hang Aerial	10-11am	55+	All
Tap	11.15am-12.15pm	55+	Advanced
Ballet	12.15-1.15pm	55+	Beginners
Power Yoga NEW	12.30-1.30pm	Adult	All
In Motion	1.30-2.30pm	Adult	Admits parent/carers
Ballet	5-6pm	Adult	Beginners
Contemporary Ballet NEW	5-6pm	Adult	Beginners
Vinyasa Flow Yoga	5.30-6.30pm	Adult	Beginners
Contemporary Floor Work	6-7pm	Adult	All
Pilates	6-7pm	Adult	All
Vinyasa Flow Yoga	6.30-7.30pm	Adult	Beginners
Street	6.30-7.30pm	Adult	All
Salsa	7-8pm	Adult	Improvers
Pilates	7-8pm	Adult	All
Tango	7-8pm	Adult	All
Ashtanga Yoga	7.30-9pm	Adult	Full Primary Series
Contemporary	7.30-9pm	Adult	Improvers
Salsa	8-9pm	Adult	Beginners
Ballet	8-9pm	Adult	Improvers

Tuesday

Barre	9.30-10.30am	Adult	All
Ballet NEW	11am-12pm	55+	Beginners
Tap	12-1pm	55+	Beginners
Yoga & Relaxation NEW	12.30-1.30pm	Adult	All
Afro Mix	5.30-6.30pm	Adult	All
Fitsteps	5.30-6.30pm	Adult	All
Flamenco	5.30-6.30pm	Adult	All
Pilates	6-7pm	Adult	Beginners
Fitsteps NEW	6.30-7.30pm	Adult	All
Musical Theatre	6.30-7.30pm	Adult	All
Ballroom	6.30-7.30pm	Adult	All
Pilates	7-8pm	Adult	All
Ballroom	7.30-8.30pm	Adult	Beginners
Jazz	7.30-8.30pm	Adult	All

Wednesday

Pilates	11am-12pm	55+	Beginners
Pilates	12-1pm	Adult	All
Ballroom & Latin	1.30-2.30pm	55+	All
An Introduction to Yoga NEW	5.30-6.30pm	Adult	Beginners
Popping	6-7pm	14+	All
Egyptian Belly Dance	6-7pm	Adult	Beginners
Tap	6-7pm	Adult	Beginners
House	7-8pm	14+	All
Egyptian Belly Dance	7-8pm	Adult	Intermediate
Hip Hop Reggaeton NEW	7-8pm	Adult	All
Tap	7-8pm	Adult	Intermediate

Thursday

Class	Time	Age	Level
Ballet	12-1pm	55+	Improvers
Slow Flow Yoga	1-2pm	55+	Beginners
Ballet	5-6pm	Adult	Beginners
Barre	5.30-6.30pm	Adult	All
Flamenco	6-7 pm	Adult	Beginners
Ballet	6-7 pm	Adult	Intermediate
Dance Workout	6.30-7.30pm	Adult	All
Creative Contemporary	7-8.30pm	Adult	All
Ballet	7-8.30pm	Adult	Advanced
Dance Technique NEW	7.30-8.30pm	Adult	All

Friday

Get Moving	11.15am-12.15pm	All	Admits carer
Tap	12.30-1.30pm	55+	Intermediate
PiYo Workout NEW	12.30-1.30pm	Adult	All
Fitsteps	1.45-2.45pm	55+	All
Ballet Primary	4.30-5.30pm	4-6	All
Afro Mix	5-6pm	Adult	All
Lyrical NEW	5-6pm	11-15	All
Boys Moves	5-6pm	7-15	All
Ballet Junior	5.30-6.30pm	4+	All
Bollywood	6-7pm	Adult	All
Contemporary	6-7pm	11-15	All
Urban Vibes	6-7pm	Adult	Intermediate
POUND® ROCKOUT. WORKOUT. NEW	7-8pm	Adult	All
Dancefloor Basics NEW	7-8pm	Adult	18+ includes a drink
Drop It Like It's Pop NEW	7-8pm	Adult	All

Saturday

Ballet Primary	9.30-10.30am	4-6	All
Hip Hop	9.30-10.30am	7-11	All
Yoga & Relaxation NEW	9.40-10.25am	Adult	All
Disney-style Dancing NEW	10-11am	4-8	All
Contemporary Club	10-11am	7-11	Beginners
Hip Hop	10.30-11.30am	11-15	All
Ballet Junior	10.30-11.30am	7-11	All
Contemporary Club	11am-12pm	7-11	Improvers
Creative Break 1	11am-12pm	7-11	All
Yoga & Relaxation NEW	11.10-11.55am	Adult	All
DC Youth Company	11.30am-1pm	11-15	By audition only
Saturday Dance Club	11.30am-1pm	7-11	All
Hip Hop NEW	12-1pm	7-11	All
Creative Break 2	12-1pm	11-15	All
Pop Steps	12-1pm	4-6	All
Girls Only Level 1	1-2pm	11-15	Beginners
Girls Only Level 2 NEW	2-3pm	11-15	Improvers

Sunday

Ballet NEW	10.30-11.30am	Adult	Beginners
Vinyasa Flow Yoga NEW	11.30am-12.30pm	Adult	All
Ballet	11.30am-12.30pm	Adult	Improvers
Ballet	12.30-1.30pm	55+	Beginners
Meditation NEW	12.45-1.15pm	Adult	All
Vinyasa Flow Yoga	1.30-2.30pm	Adult	All

ADULT WORKSHOPS

Partner Yoga NEW

Wed 4 Sept, 2 Oct, 6 Nov, 4 Dec
6.30-8pm
Age: Adult | £12 (£10)

A duo stretch class on the mat full of fun yoga stretches and lifts in pairs. Single participants are welcome to attend and you will be paired with another participant or the instructors.

Classic Burlesque

Sat 7 Sept & 2 Nov 1-3pm
Age: 18+ | £20 (£16)

Feel glamorous, have fun and learn moves and poses for revealing, before putting the techniques you've learned into practice in a burlesque routine which you'll learn in class.

Hang Stretch Yoga

Sun 13 Oct & 15 Dec 2-4pm
Age: Adult | £20 (£16)

A new type of Yoga using a hanging silk cocoon to help achieve traditional positions. This unique and challenging class practices Yoga in a weightless aerial environment, exploring postures on the floor and in the air.

Pointe Masterclass NEW

Sat 7 Sept 1-2pm
Sat 5 Oct, 2 Nov, 7 Dec 3-4pm
Age: Adult | £7 (£6)

For Ballet dancers with some experience of working on pointe, these masterclasses are an opportunity to develop your strength, confidence and knowledge of pointe work technique.

Hang Aerial

Sun 8 Sept & 27 Oct 2-4pm
Age: Adult | £20 (£16)

A unique and challenging workshop in which you will use trapeze, aerial hoop and cocoon building strength and technique.

Bachata NEW

Wed 23 Oct 6-8pm
Age: Adult | £20 (£16)

A simple, sensuous dance originating from the Dominican Republic, the colourful roots of Bachata are reflected in its romantic motions and accompanying music. Today, this passionate form of dance is popular all over Latin America and beyond.



55+

We offer a range of classes designed to get the more mature body moving. Classes are marked as 55+ on the timetable and include Ballet, Tap, Fitsteps and Pilates

Ballroom & Latin

Targets: agility, coordination and stamina.

This class focuses on the 10 standard Ballroom and Latin American dance styles with basic technique at the core. Explore the origins of each dance as you learn to Waltz, Quickstep, Tango, Foxtrot, Viennese Waltz, Cha Cha Cha, Rumba, Samba, Jive and Paso Doble.

Hang Aerial

Targets: upper body and core.

A unique and challenging workshop in which you will use trapeze, aerial hoop, cocoons and silks, building strength and technique.

Slow Flow Yoga

Targets: breathing, core and flexibility.

Work slowly and smoothly through Yoga postures connecting with the breath.

55+ TASTER DAY

Sun 29 Sept, 11am-1.30pm or 2-4.30pm

Age: 55+ | £5

Come along and try some of the styles and classes available for 55+



ADDITIONAL NEEDS CLASSES

In Motion

A class for adults of all ages with additional support needs, learning and physical disabilities. These classes are about getting people moving and being active.

Get Moving

Specially designed for people with Parkinson's and their assistants, friends, families and carers and run by a specially trained tutor. During the class participants will be encouraged to express themselves through dance in a supportive, fun and friendly environment.



KIDS' CLASSES & WORKSHOPS

Ballet

A fun and encouraging class to learn the basic fundamentals of classical Ballet without the stress of exams.

Boys Moves

An energy packed dance session covering a range of styles. Learn a variety of movements and learn how to be creative with them.

Contemporary

With a mix of styles from Ballet to African and Jazz, Contemporary is the perfect class for creative expression.

Creative Break

Creative Break is a great introduction to break dance! Learn top rocks, drops, foot work and freezes as you develop your own style.

Disney-style Dancing NEW

Dress up as your favourite Disney character as you create routines to hits such as Frozen, The Lion King, Aladdin and much more!

Girls Only

An Urban class with a Contemporary twist! This class will give you all the skills you need for performance with technique and choreography.

Hip Hop

Learn new steps each week that combine into a fun dance routine to current chart music. Bring along your own moves that can be incorporated into the routine.

House NEW

A fast-paced style of Hip Hop dance giving you a high energy cardio workout while learning new steps.

Lyrical NEW

Lyrical embodies elements of a variety of dance techniques including Jazz, Contemporary and Ballet.

Pop Steps

Make new friends, play games and show off your favourite tricks as you learn different simple routines to current chart music and popular films and TV.

Popping NEW

A Hip-Hop style which is concentrated on contracting muscles in the arms, torso, legs and neck to create the illusion of controlled 'robotic' movement.

Saturday Dance Club

Primarily focused on Musical Theatre, this class begins with an energetic warm up leading into group exercises and performance skills.



Hang Out & Dance

Sun 8 Sept, 13 Oct, 27 Oct & 15 Dec | £6.00

Age: up to 10 | 10.30-11.30am

Age: 10+ | 11.45am-12.45pm

Dance and Aerial sessions for all with lots of props and games. This group is inclusive and has just 10 spaces so that we can welcome all abilities and needs. To discuss any particular needs, please contact Lynn Campbell lynncam05@aol.com

Family Hang

Sat 12 Oct | 3-5pm

Age: 3-12 | £20 (£16)

Hang upside down, try out the trapeze, silks and learn new skills in this specialist family workshop (ticket admits one adult and a child).

Half term dance days

Flossing, Bop & Pop!

Mon 28 Oct | 9am-5pm

Level: All (6-11 yrs) | £25

Join us for a day of dancing this half term as our amazing dance teacher will deliver a whole range of styles to get you flossing, bopping and popping!

Halloween Special

Thurs 31 Oct | 9am-5pm

Level: All (6-14 yrs) | £25

Come and join us for a spooktacular time this Halloween as our fantastic teachers lead a full day of Halloween-themed dancing fun! Come dressed in your scariest costume!



BOOKING

**NO-QUIBBLE
GUARANTEE**

If you didn't enjoy the class, you get your money back.

MULTI-BUY SAVINGS

Choose our multi-buy packages to make great savings on classes whilst guaranteeing your place!

Adult classes

Single 1 hr class **£7 (£6 concession)**

Single 90 min class **£10 (£8.50 concession)**

Multi-Buy Discounts

Book 12 classes and save 25%

Book 8 classes and save 20%

Book 4 classes and save 15%

Children's classes

Single 1 hr class **£6**

Single 90 min class **£8.50**

Multi-Buy Discounts

Book 12 classes and save 20%

Book 8 classes and save 15%

Book 4 classes and save 10%

We offer concessionary rates for students, people claiming job seekers allowance and over 60's. Please provide a form of photographic ID or relevant documentation. Multi-buy discounts are not in conjunction with concessionary rates.

Stay flexible

If something unexpected occurs we will move your class to an alternative date with just 24 hours' notice. You can mix and match your classes (mix and match offer available through Ticket Office).

DANCECITY 
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Temple Street
Newcastle upon Tyne
NE1 4BR

To book tickets visit
www.dancecity.co.uk
or call the Ticket Office
on 0191 261 0505.



SPECIAL EVENTS

Aladdin Dance-Along

Sat 2 Nov | 2pm
£15 (£12)

Bring your little ones to this family-friendly sing and dance along to the magical music of Aladdin. Featuring the 2019 live-action movie, this dance-along will take you to whole new world on a magic carpet ride!

Rocky Horror Dance-Along

Sat 2 Nov | 7pm
£15 (£12)

Join us for the campiest cult classic of all time for the dance-along Rocky Horror Picture Show.

Ceilidh Dance

Sat 23 Nov | 7.30pm
£15 (£12)

Come along for an evening of fun at Dance City's first ever Ceilidh! Ceilidhs are a traditional Scottish and Irish social gathering complete with live music and folk dancing. Expect a lively, cheerful and memorable night.

Class Christmas Showcase

Sat 14 Dec | 5.30pm & 7pm
£6

A performance from class participants who have been learning the moves throughout the term. Join them and cheer them on in this wonderful evening of dance.

