



DANCECITY
DANCE FOR THE NORTH EAST



**DANCE CLASSES
FOR EVERY BODY**



**FREE
TASTER
OF ANY
NEW CLASS!**



Monday 6 January -
Sunday 5 April



dancecity.co.uk

0191 261 0505

WELCOME!



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



New Classes

Ballet Body Conditioning, Breakdancing, Commercial, Power Pilates.

Timetable Changes

We've added more classes per week for Salsa Beginners, Fitsteps 55+ and Meditation due to popular demand.

Please note that Power Yoga has moved to Friday 5.30-6.30pm

Creative Break has been renamed Breakdancing 1 and 2 and will now be split by experience. The Beginners class and the Improvers class are both open to ages 7-15.

And also...

55+ Company
We are launching a new company of 55+ dancers who will develop their contemporary dance technique and work with a range of professional choreographers to create new work for performance.

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 Spring 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.

Drop It Like It's Pop

350-550 calories
1,000+ steps

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!

Musical Theatre

300-550 calories

Targets: cardio, arms and lower body.

Learn routines inspired by the West End and Broadway.

This class is not suitable for beginners.

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.

Bollywood

300-500 calories
1,000+ steps

Targets: coordination, hand and wrist mobility, cardio.

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

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.

Pilates

180-360 calories

Targets: core and back.

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

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.

Breakdancing

370-610 calories
1,000+ steps NEW

Targets: full body strength, stamina, mobility and coordination through floor work, top rocks, drops, footwork and creative choreography.

FitSteps®

390-500 calories
1,000+ steps NEW

Targets: cardio, coordination.

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

Targets: strength, flexibility and tones muscles.

Innovative Yoga and Pilates influenced workout set to fabulous 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.

Commercial

400-550 calories
1,000+ steps NEW

Targets: core, upper and lower body.

Expressive and full of attitude, typically seen in music videos. Bring sass to the studio, leave feeling like Beyoncé.

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
1,000+ steps

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 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

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.

Hip Hop Reggaeton

370-610 calories
1,000+ steps

Targets: core and glutes.

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

POUND® ROCKOUT. WORKOUT

400-700 calories
1,000+ steps

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.

Ballet

380-450 calories
1,000+ steps

Targets: lower body, arms, posture.

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

Contemporary Ballet

340-600 calories
1,000+ steps

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.

Introduction to Yoga

Targets: breathing, balance, wellbeing.

A beginners guide to Yoga working through the basic Yoga poses, flows and postures, offering advice and explanations behind each movement.

Power Pilates

400-550 calories NEW

Targets: core, lower back, hips, legs and glutes.

A challenging workout to improve strength, muscle tone, body awareness and flexibility, taking traditional Pilates to the next level.

Yoga & Relaxation

180-360 calories per hour

Targets: breathing, balance, wellbeing.

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

Ballet Body Conditioning
180-360 calories NEW

Targets: core, arms and lower body strength and flexibility whilst improving balance, posture and coordination, using ballet techniques.

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.

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.

Ballroom

250-320 calories

Targets: agility and coordination.

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.

Meditation

Targets: breathing, balance, wellbeing.

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

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 a fantastic soundtrack.

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 6 January -
Sunday 5 April

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
In Motion	1.30-2.30pm	Adult	Admits parent/carer
Ballet	5-6pm	Adult	Beginners
Contemporary Ballet	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
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	11am-12pm	55+	Beginners
Tap	12-1pm	55+	Beginners
Yoga & Relaxation	12.30-1.30pm	Adult	All
Fitsteps NEW	1.15-2.15pm	55+	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	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
Salsa NEW	7.30-8.30pm	Adult	Beginners

Wednesday

Pilates	11am-12pm	55+	Beginners
Pilates	12-1pm	Adult	All
55+ Company NEW	12-1.30pm	55+	By audition only
Ballroom & Latin	1.30-2.30pm	55+	All
An Introduction to Yoga	5.30-6.30pm	Adult	Beginners
Popping	6-7pm	14+	All
Egyptian Belly Dance	6-7pm	Adult	Beginners
Tap	6-7pm	Adult	Beginners
Egyptian Belly Dance	7-8pm	Adult	Intermediate
Hip Hop Reggaeton	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	Beginners
Flamenco	6-7pm	Adult	Beginners
Ballet	6-7pm	Adult	Intermediate
Dance Workout	6.30-7.30pm	Adult	All
Creative Contemporary	7-8.30pm	Adult	All
Ballet	7-8.30pm	Adult	Advanced
Breakdancing 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	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	5-6pm	11-15	All
Boys Moves	5-6pm	7-15	All
Ballet Junior	5.30-6.30pm	7-11	All
Power Yoga NEW	5.30-6.30pm	Adult	Intermediate
Bollywood	6-7pm	Adult	All
Contemporary	6-7pm	11-15	All
Urban Vibes	6-7pm	Adult	Intermediate
POUND® ROCKOUT. WORKOUT.	7-8pm	Adult	All
Commercial NEW	7-8pm	Adult	All
Drop It Like It's Pop	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	9.40-10.25am	Adult	All
Disney-style Dancing	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
Breakdancing 1 NEW	11am-12pm	7-15	Beginners
Yoga & Relaxation	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	12-1pm	7-11	All
Breakdancing 2 NEW	12-1pm	7-15	Improvers
Pop Steps	12-1pm	4-6	All
Girls Only Level 1	1-2pm	11-15	Beginners
Girls Only Level 2	2-3pm	11-15	Improvers

Sunday

Ballet	10.30-11.30am	Adult	Beginners
Meditation NEW	11.30am-12pm	Adult	All
Ballet	11.30am-12.30pm	Adult	Improvers
Vinyasa Flow Yoga NEW	12-1pm	Adult	All
Ballet Body Conditioning NEW	12.30-1.30pm	Adult	All
Meditation	1.15-1.45pm	Adult	All
Power Pilates NEW	1.30-2.30pm	Adult	All
Vinyasa Flow Yoga NEW	1.45-2.45pm	Adult	All

ADULT WORKSHOPS

Hang Aerial

Sun 19 Jan | 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.

Hang Stretch Yoga

Sun 16 Feb & Sun 5 Apr | 2-4pm
Age: Adult | £20 (£16)

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

Yoga Beats

Sat 28 Mar | 3-4.30pm
Age: Adult | £15

An immersive afternoon of Yoga soundtracked by a live DJ. Playful and energetic Vinyasa Flow, synchronizing body, mind and breath, featuring laid-back Brazilian beats, dreamy ambient, subtle synths and relaxing grooves.

Please note: we cannot refund workshops cancelled less than a week in advance. You must give at least 7 days notice.

Heart Opening Yoga

Fri 14 Feb | 6-7pm
Age: Adult | £10

A heart-opening Vinyasa Flow workshop. Meditation, breath work, Vinyasa Flow and an extended Savasana, bringing your awareness to self-love and care.

Classic Burlesque

Sat 14 Mar | 3-5pm
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.

April Fools - Physical Comedy: An Introduction to Funny

Wed 1 Apr | 7-8pm
Age: Adult | £10

A unique workshop by Circ Motif that develops improvisation, comedic timing, and physical comedy skills. Explore comedy through game playing, devising methods and performance techniques.



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. There are also a number of classes designed specifically and available only to 55+ visitors.

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

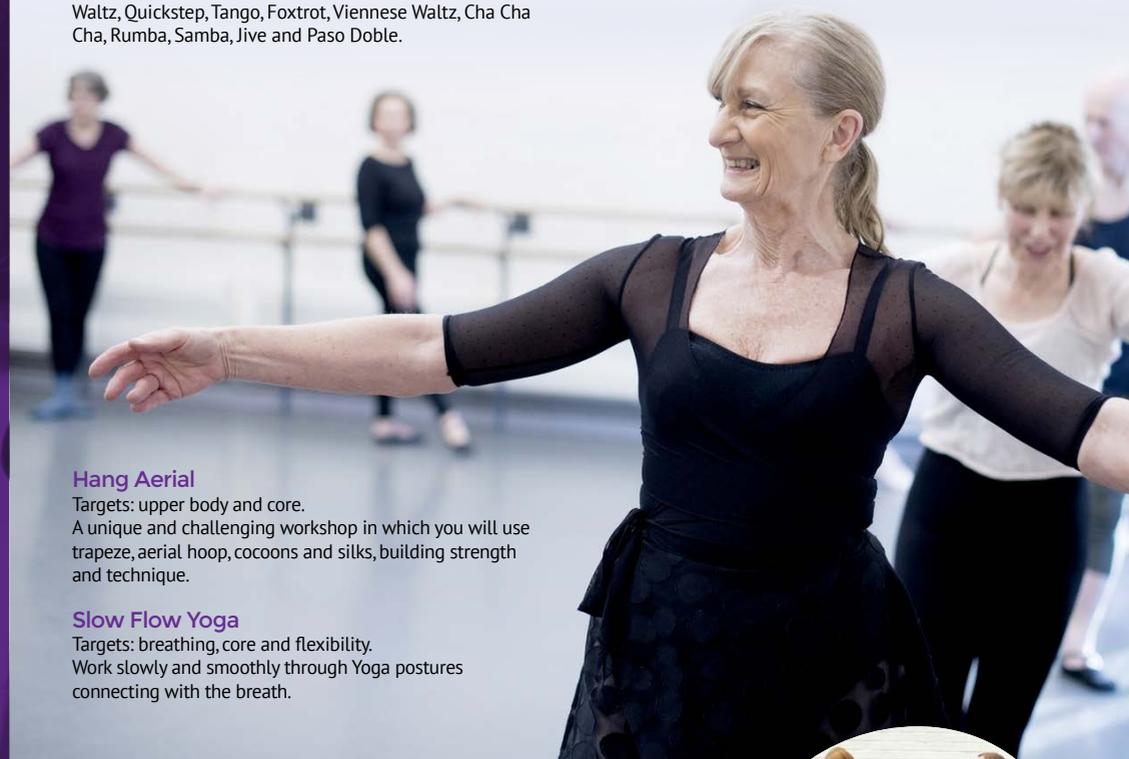
Targets: breathing, core and flexibility.
Work slowly and smoothly through Yoga postures connecting with the breath.

55+ Company NEW

We are launching a new company of 55+ dancers who will develop their contemporary dance technique and work with a range of professional choreographers to create new work for performance through weekly classes, annual intensives and workshops.

The audition for our new 55+ performance company will be held at 12pm - 1.30pm on Wednesday 15 January.

Please contact Ticket Office to sign up for the audition, or book online.



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.

Breakdancing NEW

Previously called Creative Break. Learn top rocks, drops, foot work and freezes as you develop your own style. Instead of being grouped by age, participants can now choose their class based on their experience level – beginner or improver.

Disney-style Dancing

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.

Lyrical

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

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

19 Jan, 16 Feb & 5 Apr | £6
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

April Fools – Clownabatics

Wed 1 Apr | 5.30-6.30pm
Age: 7+ | £6

A physical comedy class by Circ Motif that explores acrobatic comedy using clowning and slapstick techniques. In this class, you will learn roll, tumble, trip and fall using the foundations of slapstick and acrobatic techniques to build your physical comedy style. No prior experience necessary.

DANCE CAMPS!

Fusion! Easter

6-9 Apr | 9am-5pm daily.
Performance for family on Thursday at 3pm
£100

Fusion! Easter holiday dance camp is all about diversity! Children will learn routines and develop skills in Street and Break, Bollywood, Contemporary and Musical Theatre.

Urban Summer

27-31 Jul | 9am-5pm daily, performance at 3pm on the Friday
£125

Urban Summer is a chance for your child to dance like their favourite pop stars. Young participants will develop skills in Hip Hop, Street and elements of Breaking.

Best of the West End Summer

3-7 Aug | 9am-5pm daily, performance at 3pm on the Friday
£125

A fun-filled week exploring dance routines, songs and characters from some of the most popular musicals around.



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%

Kids' 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 Universal Credit 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. A minimum of 24 hours' notice must be given to make changes to your ticket. Same-day changes can be made if you join our Membership scheme. You can mix and match your classes, (mix and match offer available through Ticket Office).

Memberships

You can enrol on our Membership scheme for just £20 for adults or £15 per children for a year. Dance City members enjoy a range of exclusive offers and benefits. Please see our website or ask at Ticket Office for details.

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

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SPECIAL EVENT

SHINE

Community Class Easter Showcase

Sat 4 Apr | 5.30pm & 7pm | £6

A performance by some of our class participants who have been learning routines throughout the term. Join them and cheer them on in this wonderful evening of dance.

