

DANCE CLASSES FOR EVERY BODY



Monday 6 January
- Sunday 5 April

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.

ADULT CLASSES

16+

Aerial

Targets: upper body, core

Improving strength is one of our main focuses in aerial and you will get a full body workout from a class.

Aerial Creative

Targets: upper body, core

Aerial Creative is a chance to develop choreography and performance skills on the aerial equipment. You will develop aerial routines on the silks, rope and trapeze.

Ballet

380-450 calories per hour
1,000+ steps

Targets: lower body, arms, posture.

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

Ballroom

250-320 calories per hour

Targets: agility and weight loss.

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

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.

Hip Hop Reggaeton

370-610 calories
1,000+ steps

Targets: core and glutes.

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

Latin

250-350 calories per hour

Targets: agility, coordination and stamina

A relaxed and social class where you'll develop your Latin skills in Cha Cha Cha, Jive, Rumba, Samba and Paso Doble.

Salsa

405-480 calories per hour
1,000+ steps

Targets: endurance and weight loss.

This fluid and expressive style is quick to learn and is set to a fantastic soundtrack.

Tap

200-700 calories per hour
1,000+ steps

Targets: cardio, legs.

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

WORKSHOP

Uncaged Aerial Intensive

Sun 16 Feb | 10am-4pm
Age: Adult | £80

A full day workshop for people with any level of aerial experience. Develop your ability to respond to external stimuli - apparatus, the floor, each other, and to harness your emotional power for performance. Focusing on improvisation and culminating in a relaxed showing of improvised movement on your chosen equipment.

KIDS' CLASSES

Learn, socialise and build new skills in fun and creative sessions that teach dance without the stress of exams.

Aerial

Fun and creative sessions that provide an introduction to working with Aerial kit including silks, ropes and trapeze.

Ballet

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

Saturday Dance Club

Covering a range of different styles, this class begins with an energetic warm up leading into group exercises and performance skills.



CLASS TIMETABLE

Monday 6 January – Sunday 5 April 2020

	Class	Time	Age	Level
Mon	Aerial Creative	5.45-7.15pm	Adult	Intermediate
	Ballroom	6.30-7.30pm	Adult	All
	Egyptian Belly Dance	7.30-8.30pm	Adult	All
	Latin	7.30-8.30pm	Adult	All
Tues	Ballet	12-1pm	55+	All
	Salsa	1-2pm	Adult	Beginners
	Salsa	2-3pm	Adult	Improvers
	Aerial	4.30-5.30pm	7-11	All
	Ballet	5.30-6.30pm	Adult	All
	Aerial	5.45-7.15pm	Adult	All
	Tap	6.30-7.30pm	Adult	All
	Aerial	7.30-9pm	Adult	Improvers
	Hip Hop Reggaeton <small>NEW</small>	7.30-8.30pm	Adult	All
	Sat	Ballet	9-10am	4-7
Saturday Dance Club		10-11am	7-11	All
Aerial		11.15am-12.45pm	Adult	Improvers
Aerial		1-2.30pm	7-11	All
Aerial		2.30-4pm	Adult	Beginners

Please note there are no classes on Bank Holidays.

MULTI-BUY SAVINGS

Make great savings on classes whilst guaranteeing your place! You can mix and match your classes.

Adult classes

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

Adult Aerial class **£12 (£11 concessions)**

Adult 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**

Child Aerial class **£10**

Children's discounts

Book 12 classes and save 20%

Book 8 classes and save 15%

Book 4 classes and save 10%

We offer £1 off adult class prices shown for concessions - Students, Over 60s and those in receipt of Universal Credit. Proof required, not in conjunction with multi-buy packages.

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.