

Guitar I (Ages 16 & up)

Pull that guitar out from under your bed! Learn how to tune, strum a few basic chords and read tab (a simple method for reading single notes). We'll apply what you've learned to a few favorite tunes.

10W741.1

Mondays, 8:15 – 9:00 PM

January 25 – March 15, (8 weeks)

Jamie Anderson, Instructor

\$90 or two payments of \$45

10SP741.1

Mondays, 8:15 – 9:00 PM

March 29 – May 17, (8 weeks)

Daniel Raimi, Instructor

\$90 or two payments of \$45

Guitar II (Ages 16 & up)

Take your playing to the next level! Learn more chords, strum patterns and finger picking styles so you can play your favorite tunes. You must have taken Beginning Guitar or know at least a few basic chords that you can change without stopping. You should also be able to read a chord diagram. If you're not sure if this class is right for you, please contact the office. Bring your acoustic or electric guitar. If the latter, bring an amp, guitar cord and extension cord.

10SP741.2

Mondays, 7:00 – 8:00 PM

March 29 – May 17, (8 weeks)

Daniel Raimi, Instructor

\$90 or two payments of \$45

Songwriting for Everyone (Ages 16 & up)

Is there a "Stairway to Heaven" lurking in your creative closet? Have you written a couple of songs but need a boost? Maybe you're a poet who'd like to branch out? Whatever the case, you'll enjoy this fun class. With easy exercises and discussion, we'll explore finding inspiration, writing lyrics, and making up melodies. For beginning songwriters or more experienced writers who want a slow paced class. A formal music background is not required. You don't need to play an instrument although it's helpful.

10W746

Saturdays, 1:00 – 3:00 PM

January 30 - February 20, (4 weeks)

Jamie Anderson, Instructor

\$90 or two payments of \$45

Songwriter's Circle (Ages 16 & up)

Do you have a couple of songs under your belt but not sure where to go next? Does writer's block make you clench in fear? Learn some ways to move forward with your songwriting, in the relaxed comfort of a supportive group of other songwriters led by an experienced teacher and musician. Through exercises and discussion, we'll explore ways to find inspiration and get your overly critical self-editor to take a hike. For songwriters who have written at least two songs, any genre. You must be able to play an instrument but you don't have to be Eric Clapton.

10W745

Saturdays, 1:00 – 3:00 PM

February 27 – March 20, (4 weeks)

Jamie Anderson, Instructor

\$90 or two payments of \$45

Lunchtime Bellydance

Shimmy your way to fitness in the middle of the week with this beautiful Middle Eastern dance that's great low impact exercise. For all levels of dancers, beginners on up. We'll cover hip and shoulder shimmies, upper body isolations, graceful arm movements and more. Great for stay-at-home moms or anyone who needs something more fun than the gym. Bring a scarf for your hips and a veil if you have one. Some loaner scarves and veils will be available.

10W247.1

Wednesdays, 12:00 – 12:45 PM

January 27 – March 17, (8 weeks)

Jamie Anderson, Instructor

\$65

Bellydance for Scaredy Cats

Want to take bellydance but you're not sure you're ready for a whole series of classes? Take this one-time workshop to dip your toe in the water! Learn hip and sholder shimmies, graceful arm movements and more. Bring a large scarf for your hips. A limited number of loaner scarves available.

10W291.1

Saturdays, 2:00 – 4:00 PM

January 16, (1 day)

Jamie Anderson, Instructor

\$30

Shake Rattle and Roll with Bellydance! (Ages 16 & up)

This beautiful Middle Eastern dance is great low impact exercise for people of all sizes, shapes and ages. Learn shoulder and hip shimmies, graceful arm movements and other fun steps. Perfect for beginners but also good for experienced dancers who want to polish up on basics. Bring a scarf for your hips and a veil. A limited number of scarves and veils will be available for loan.

10W249.10

Mondays, 6:15 – 7:15

January 25 – March 15, (8 weeks)

Jamie Anderson, Instructor

\$90 or two payments of \$45

Dancing Diva Bellydance Class (Ages 16 & up)

Participants will learn energetic and intricate hip movements, graceful hand and arm positions, veil dancing and techniques to obtain flexibility and grace for belly dance. Camila will also explain the healing benefits of the dance movements. This class will always begin with a dance technique and body stretch warm-up...this is a high energy and graceful dance class!

10SP251

Tuesdays, 7:00 – 8:30 PM

March 30 – June 1, (10 weeks)

Camila Karam, Instructor

\$168 or two payments of \$84

Zumba (Ages 16 & up)

One of the newest exercise crazes is the Zumba fitness program, an upbeat aerobic exercise workout done to Latin and international music. Using a mixture of body sculpting movements and simple dance steps, it is a fun and easy "feel happy" way to burn calories and tone the body. No running shoes allowed.

10W221.8

Mondays, 7:00 – 8:00 PM

January 11 – March 22, (10 weeks)

No Class January 18th

LaShawn Jones, Instructor

\$112.50 or two payments of \$56.25

10SP221.8

Mondays, 7:00 – 8:00 PM

March 29 – May 31, (10 weeks)

LaShawn Jones, Instructor

\$112.50 or two payments of \$56.25

Tango (American Style) (Ages 16 & up)

Tango is one of those REALLY hot dances that everyone should learn. Many of the newer movies have Tango scenes that show some wonderful Tango moves. Learn this fun dance easily. No experience or partner necessary. Wear comfortable clothes and smooth soled shoes

10W249.40

Thursdays, 6:30 PM – 7:30 PM

January 14 – February 18, (6 weeks)

MAD Academy - Curtis Bass, Instructor

\$70 for an individual \$120 for a couple

10SP249.40

Thursdays, 6:30 PM – 7:30 PM

April 1 – May 6, (6 weeks)

MAD Academy - Curtis Bass, Instructor

\$70 for an individual \$120 for a couple

Cardio Salsa (Ages 16 & up)

No need to travel south of the border to get a HOT cardio workout that feels like a party. Dance your heart out to high energy Latin music while learning salsa, cha cha cha and meringue choreography. This class begins with a warm up stretch segment followed by constant dance movement. Although emphasis is placed on the aerobic benefit, this is a dance class. You will learn proper salsa technique and a variety of steps you can take directly to your favorite salsa club. Choreography is repetitive and easy to remember – you'll leave this class drenched and energized! This is not a partner class. Wear comfortable loose clothes and smooth soled shoes, towel if needed.

10W248.40

Thursdays, 6:30 PM – 7:30 PM

January 14 – February 18, (6 weeks)

MAD Academy - Curtis Bass, Instructor

\$70 for an individual

10W248.40

Thursdays, 6:30 PM – 7:30 PM

April 1 – May 6, (6 weeks)

MAD Academy - Curtis Bass, Instructor

\$70 for an individual

Basic Salsa (Ages 16 & up)

Salsa is HOT and easy to learn! Learn basic Salsa moves and lead and follow for everyone. Then, learn fun social moves to get everyone dancing by the end of their first session. Fitness and Fun for everyone! No partner or experience necessary! Wear comfortable clothes and smooth sole shoes.

10W248.3

Thursdays, 7:30 PM – 8:30 PM

January 14 – February 18, (6 weeks)

MAD Academy - Debbie Ramsey, Instructor

\$70 for an individual \$120 for a couple

10SP248.3

Thursdays, 7:30 PM – 8:30 PM

April 1 – May 6, (6 weeks)

MAD Academy - Debbie Ramsey, Instructor

\$70 for an individual \$120 for a couple

Dancing Like The Stars Sampler Latin (Ages 16 & up)

This is a ballroom sampler dance class in which we teach two different ballroom dances. This is the "Latin" Class, for those wanting a HOT fun dance, then we have TWO for you! We will cover Cha Cha Cha and Rumba from basic to beyond basic steps and patterns. No experience or partner necessary! Wear comfortable clothes and smooth sole shoes.

10W249.42

Thursdays, 7:30 PM – 8:30 PM

January 14 – February 18, (6 weeks)

MAD Academy - Curtis Bass, Instructor

\$70 for an individual \$120 for a couple

10SP249.42

Thursdays, 7:30 PM – 8:30 PM

April 1 – May 6, (6 weeks)

MAD Academy - Curtis Bass, Instructor

\$70 for an individual \$120 for a couple

Country Western Two Step (Ages 16 & up)

This is a beginning Country Western Dance Class. Two-Step is a fun and easy dance to learn. Dance to your favorite Country Music! No experience or partner necessary. Wear comfortable clothes and smooth sole shoes.

10W2487.2

Thursdays, 8:30 PM – 9:30 PM

January 14 – February 18, (6 weeks)

MAD Academy - Curtis Bass, Instructor

\$70 for an individual \$120 for a couple

10SP2487.2

Thursdays, 8:30 PM – 9:30 PM

April 1 – May 6, (6 weeks)

MAD Academy - Curtis Bass, Instructor

\$70 for an individual \$120 for a couple

Basic East Coast Swing (Ages 16 & up)

If you want to shake, rattle, roll and swing then this is the class for you! We cover lead and follow for everyone covering the major basic moves to get everyone dancing by the end of their first session. Fitness and Fun for everyone! No partner necessary. Wear comfortable clothes and smooth sole shoes.

10W248.2

Thursdays, 8:30 PM – 9:30 PM

January 14 – February 18, (6 weeks)

MAD Academy - Debbie Ramsey, Instructor

\$70 for an individual \$120 for a couple

10SP248.2

Thursdays, 8:30 PM – 9:30 PM

April 1 – May 6, (6 weeks)

MAD Academy - Debbie Ramsey, Instructor

\$70 for an individual \$120 for a couple

Pilates for Peace of Mind (Ages 16 & up)

A non-competitive pilates mat class focusing on the idea that less is often more when it comes to building overall strength and flexibility. This class will focus on the pilates breath while finding proper body alignment through the use and strengthening of the deep pelvic muscles. Pace, breath and integrity of movement will be emphasized as we explore individual areas of strength and weakness. Ideal for the post-natal woman and anyone seeking ease of movement and core stability. Participants need to bring one or two yoga mats and a towel.

10W292.3

Wednesdays, 6:30 PM – 7:30 PM

January 13 – March 17, (10 weeks)

Adeline Sussman, Instructor

\$112.50 or two payments of \$56.25

10SP292.3

Wednesdays, 6:30 PM – 7:30 PM

March 31 – June 2, (10 weeks)

Adeline Sussman, Instructor

\$112.50 or two payments of \$56.25

Inspirational Dance/Aerobics!

Need a physical and spiritual rejuvenation! Well, come be uplifted in a new class that combines dance and aerobics with up-tempo gospel and inspirational music. Inspirational Dance/Aerobics begins with a short warm up and progresses to an advanced-beginner high energy workout. All ages and fitness levels are welcome!

10W222

Tuesdays, 7:00 – 8:00 PM

January 12 – March 16, (10 weeks)

Le'Brandi Johnson, instructor

\$112.50 or two payments of \$56.25

10SP222

Tuesdays, 7:00 – 8:00 PM

March 30 – June 1, (10 weeks)

Le'Brandi Johnson, instructor

\$112.50 or two payments of \$56.25

Brazilian Samba Dance (Ages 16 & up)

Explore the exciting rhythms and movements of SAMBA! Experienced performer and instructor Camila Karam will show you step-by-step the intricate foot movements of samba. Participants will dance to slow, medium and fast rhythms of samba. A dance warm-up is included. This class is fun, high energy and you will hear great music!

10W250

Tuesdays, 6:00 – 7:00 PM

March 30 – June 1, (10 weeks)

Camila Karam, Instructor

\$90 or two payments of \$45

10SP250

Tuesdays, 6:00 – 7:00 PM

January 12 – March 16, (10 weeks)

Camila Karam, Instructor

\$90 or two payments of \$45

Nia: Moving with Joy (Ages 16 & up)

Nia is about the joy of movement, your body's way. Using eclectic world music and a combination of choreography and free dance, we'll explore sensation and pleasure in the body and learn about ourselves in the process. Nia blends dance forms with the martial and healing arts to stretch, strengthen, discover, challenge, and celebrate body, soul, and spirit. This class is suitable for all fitness levels. Wear loose, comfortable clothes and bring water and a yoga mat or big, thick towel for floor play. Move in bare feet or light, comfortable, non-street shoes (if needed).

10W223

Tuesdays, 6:00 – 7:00 PM

January 12 – March 16, (10 weeks)

Patti Rieser, Instructor

\$112.50 or two payments of \$56.25

Adult Dance with the Triangle Youth Ballet:

Our Adult Classes are the perfect blend of art and exercise. Beginning Ballet is an introduction to the fundamentals. It is also a wonderful way to reintroduce yourself to the technique you studied as a child. This meets on Monday evenings. Any comfortable clothing is permitted but ballet shoes are recommended. On Wednesday evening, adult jazz class is a fabulous way to stretch and get an aerobic work out while moving to fun music and learning exciting choreography. Any comfortable clothing is permitted but jazz shoes are recommended.

Ballet Basics for Adults

(Ages 16 & up)

10W292.1

Mondays 7:00 PM – 8:30 PM

January 11 – March 1, (7 weeks)

No Class January 18th

\$152 or two payments of \$76

Ballet Basics for Adults

(Ages 16 & up)

10SP292.2

Mondays, 7:00 PM – 8:30 PM

March 29 – May 10, (7 weeks)

\$152 or two payments of \$76

Jazz Fun for Adults

(Ages 16 & up)

10W293.1

Wednesdays, 7:00 – 8:30 PM

January 13 – February 24, (7 weeks)

\$152 or two payments of \$76

Jazz Fun for Adults

(Ages 16 & up)

10SP293.2

Wednesdays, 7:00 – 8:30 PM

March 31 – May 12, (7 weeks)

\$152 or two payments of \$76