

Adult Classes at The Moving Company Dance Center

9954 York Road Cockeysville, Md

If you are interested or have questions about any of these classes, **please contact the instructor listed for details.**

Debbie Braun - debbie.braun@gmail.com

Ballet: Intermediate **Wednesday** 10:00 - 11:30 am. At least two years experience required.

Ballet: Advanced Beginner: Thursday 12:30 - 2:00 pm. At least one year experience required.

Jazz: Advanced Beginner/Intermediate: **Wednesday** 11:30 am - 1:00 pm. At least one year experience required. Fee is \$15 per class.

Anne-Marie Bauermann - ambauermann@verizon.net

Tap: Beginner/Advanced Beginner

Tuesday 10:45-11:45 am

6 week session Oct 10-Nov 14

Fee is \$99 for the full session, or \$20 drop-in

Sarah Cincotta-Yan scincottadance@gmail.com 410-227-1310

Ballet Intermediate/Advanced **Monday** 10:15 - 11:30 am Beginning 10/2 Fee is \$18 per class

Intermediate Jazz **Monday** 11:30 - 12:30 pm Beginning 10/2 Fee is \$15 per class

Fee is \$30 for both classes via Venmo

Susan Sklar - ssklar3565@yahoo.com

Ballet for Balance: Monday 10:00 - 11:30 am

Introduction to Ballet for adults. Emphasis on posture, coordination, range of motion, strength, flexibility, and of course, balance. Absolute beginners are welcome. Fee is \$15 per class

Tamie Mitchell Friday - Tamiefriday@gmail.com 410-977-6265

Ballet All levels: Friday 1:30 - 3:00pm

Class instruction will focus on the fundamentals of classical ballet with an emphasis on core strength, stability, and proper muscle engagement for the improvement of both technique and alignment and also for injury prevention.

Fee is \$20 per class.

Bonnie Schulman PT bonschul@gmail.com 443-415-7117

GYROKENISIS - Movers and dancers around the world have discovered this method that works the entire body by exploring all elements of movement in rhythmical and circular patterns. You will improve joint strength and mobility, trunk stability while encouraging length and strength. Therapeutic for reducing pain and restrictions and enhancing posture. It's also fun and relaxing!!

Tuesday - 10:30 - 12:00 pm Beginning 10/10

Thursday - 11:00 - 12:30 pm Therapeutic Gyrokinesis Beginning 10/12

Fee is \$60 for 4 classes, \$20 for individual class

Julia B Morrow <https://www.juliabmorrow.com>

Yoga, Nia, Barre Visit Julia's website for further information

Monday 10:00 barre, 10:30 Nia, 11:30 Yoga

Wednesday 10:15 Yoga+, 11:00 Nia, 12:00 Yoga

Friday 10:30 Nia

Sunday 9:45 Nia

Advanced sign up is required.