

# \* CLASS DESCRIPTIONS \*

## Multiple Exposure

This class is devoted to exposing a young child (ages 3-5) to a variety of forms of music and dance. Included are tap, basic ballet, basic tumbling and creative movement. This is a 45 minute class.

## Ballet

Classes are devoted to teaching ballet using a combination of Russian, French, and American influences. Emphasis is placed on proper body placement and alignment, control and focus. Classes are one hour long for beginning to advance for children to adults.

## Hip Hop

This class combines street moves with traditional jazz to create a pop-and-lock style that sends off a lot of energy and attitude.

## Musical Theater

Combines music, songs, spoken dialogue, acting and dance. Broadway-style works like Westside Story, Cats, Annie and Chicago.

## Tap

This class enhances and teaches a student's ability to utilize style, rhythm, timing and cardio stamina. It is a one hour class offered beginning to advanced for children to adults.

## Jazz

Classes are devoted to developing technique and contemporary movement using a variety of music. Classes are one hour long for beginning to advanced for children to adults.

## Stretching/Toning

Helps improve flexibility as well as building muscle and endurance. This class is highly recommended to all dancers in Intermediate to Advance classes.

## Yoga

Builds vital energy, body awareness, balance, flexibility and muscle tone. Helps create stronger muscles by bringing body into a state of deep relaxation. Yoga releases tension in hips, glutes and lower back area. Yoga allows you to get in better touch with your body.

## Step-n-Sculpt

A combination of step and floor aerobics with toning and ab exercises for a complete workout. We sometimes mix it up with a little kickboxing. Be prepared for a great workout!!

STUDIO A	STUDIO B
<b>MONDAY</b> 4:00-5:00 Beg Jazz 11-15 5:00-6:00 Int Tap 11-15 6:15-7:15 Int Lyrical Jazz 11-15 7:15-8:15 Stretching/Toning	3:30-4:00 Beg Tap 8-10 4:00-4:45 Multi Expos 3-4 4:45-5:30 Multi Expos 5-6 5:30-6:30 Step-n-Sculpt 6:30-7:30 Adult Jazz/Tap
<b>TUESDAY</b> 3:30-4:30 Beg Hip Hop 11-15 4:30-5:30 Beg Musical Theater 8-10 5:30-6:30 Int Musical Theater 11-15 6:30-7:15 Adult Hip Hop	3:30-4:30 Beg Hip Hop 8-10 4:30-5:30 Int Mus. Theater 8-10 5:30-6:30 Int Hip Hop 8-10 6:30-7:30 Int Hip Hop 11-15
<b>WEDNESDAY</b> 3:30-4:30 Beg Ballet 8-10 4:30-5:30 Beg Jazz 8-10 5:30-6:15 Multi Expos 3-4 6:15-7:00 Multi Expos 5-6	3:30-4:30 Int. Ballet 8-10 4:30-5:30 Int. Jazz 8-10 5:30-6:30 Step-n-Sculpt 6:30-7:30 Yoga
<b>THURSDAY</b> 3:30-4:30 Ballet/Tap 4:00-4:45 Int Tap 8-10 5:30-6:30 Beg Ballet 11-15 6:30-7:00 Pre-Point	3:30-4:30 Jazz/Tap 4:45-5:45 Int Ballet 11-15 5:45-6:30 Point
<b>SATURDAY</b> 9:00-9:45 Multi Expos 3-5	

## Class Pricing

### Multiple Exposure

\$25 per month

### Combo

\$25 per month

### Beginning, Intermediate & Advanced

\$30 per month

### Fitness

Stretching/Toning, Yoga, Step-n-Sculpt

\$30 per month unlimited

### Adult

\$25 per month

### Point/Pre-Point

\$15 per month

Payments are due the first of the month

Multiple student/class discounts available

## The Studio

- Mission it to teach a comprehensive and professional level of instruction focused on proper dance techniques in a fun and safe environment.
- Equipped with 2 professional dance floors, mirrored walls and ballet barres
- Dance store for all your dancewear needs
- Regular studio performances
- Located at Magnificent Seven Court, Bemidji. Corner of Jefferson and 5th, 1/2 mile from water tower

## The Instructors

Cathy Marcotte  
Krista Grover  
Ingrid Dehler Seter  
Monique Boucher  
Annie Cribb  
Melanie Schmidt

## Receptionist

Janae Steffen, Wendy Fink

Your Studio of Choice®



Email: [dance@paulbunyan.net](mailto:dance@paulbunyan.net) • Website: [www.firstcitydance.com](http://www.firstcitydance.com)

to: ©

Open Registration Aug. 16th  
Classes start Sept. 6th

Fall 2008

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