



ADULT CLASSES

Exercise your body and your brain as you dance your way to fitness!

MONDAY

6.00 – 7.00 pm	RHYTHM TAP	Natalie Bazun-Coates
7.00 – 8.00 pm	INT / ADV TAP	Natalie Bazun-Coates
8.00 – 9.30 pm	JFH (Jazz Funk Hip Hop)	Ania Deutscher



TUESDAY *

6.00 – 7.00 pm	BALLET	Natalie Bazun-Coates
7.00 – 8.00 pm	MODERN	Danielle Linegar
8.00 – 9.30 pm	BEGINNERS JAZZ	Natalie Bazun-Coates

Classes are run on a casual continual basis – so you can start anytime!

WEDNESDAY **

10.30 – 11.30 am	STRETCH N TONE	Natalie Bazun-Coates
7.00 – 9.00 pm	BRIDAL DANCE	Natalie Bazun-Coates



THURSDAY

6.00 – 7.00 pm	BEGINNERS TAP	Natalie Bazun-Coates
7.00 – 8.00 pm	BELLY DANCING	Angela Bugden
7.00 – 8.00 pm	SINGING	Chiara Mammone
8.00 – 9.30 pm	INT / ADV JAZZ	Natalie Bazun-Coates

**PAY AS YOU COME!
NO ENROLMENT FEES!**

FOR ABSOLUTE BEGINNERS TO ADVANCED STUDENTS

☎ (02) 4284 9578 www.rhythmicmoves.com.au

2010 CLASS VENUES

Monday & Thursday classes are held in the Uniting Church Main Hall, Russell St Corrimal

* Tuesday classes are held in the Underwood Centre, Cnr Russell & Underwood St Corrimal

** Wednesday classes are held in Mt Pleasant. Please call for the address.

See over for map

ABOUT OUR ADULT CLASSES –Celebrating 16 Years in 2010!

BALLET - Learn all the terms, positions and graceful poses of classical ballet movement. Wear ballet shoes (flats), tights, leotard or something figure-hugging.

TAP - The most stylish form of dance where you can hear your progress. Tap is perfect for aspiring Fred Astaires and Hot Shoe Shufflers. Wear tap or hard soled shoes (no loose taps), t-shirt and shorts or dance gear.

JAZZ - Energetic and expressive class aiming to improve coordination, flexibility, tone muscles and increase fitness. Style danced in musicals such as Fame & West Side Story and also used by popstars such as Kylie Minogue, Madonna & Britney Spears. Wear jazz shoes / sneakers and non-restrictive street-wear or gym gear.

JFH (JAZZ FUNK HIP HOP) - A bouncy combination of the latest street funk and hip hop moves similar to styles seen in the movies 'Honey' and 'You Got Served' as well as on music video clips for Destiny's Child, Missy Elliot, and Janet Jackson. Wear jazz sneakers or runners and non-restrictive street-wear or gym gear.

MODERN - Although based on ballet and jazz technique there are essentially no rules to this free movement style. The two main facets – one focusing on line, sharp angles and abstract movement and one focusing on fluidity, soft lines and physical expression of the music – are explored in this class. Wear loose comfortable clothing.

RHYTHM TAP - Street tap in the tradition of hoofing, focussing on dancing from the waist down. Similar to the style danced by Tap Dogs and in the movie Bootmen. Wear tap shoes or tap boots and street clothes.

BELLY DANCING - Shake it like Shakira! Get your hips moving with hypnotic rhythm whilst becoming familiar with Middle Eastern beats. All body types welcome! Wear fitted clothing and a scarf tied at the hips.

SINGING - Learn to express yourself through modern contemporary to musical theatre songs. You'll improve your vocal technique by learning correct breathing, posture, harmonies as well as performance and microphone skills. Wear casual attire.

STRETCH N TONE - This class will strengthen, sculpt and tone your body. Wear non-restrictive clothing and bring a towel.

Mix and match classes to suit your timetable and tastes!

Beginners are always welcome and classes run all year (except on public holidays).

Please check the website regularly for any changes / cancellations!

Please remember to bring water and a towel or mat with you to class.

PAY AS YOU COME OR BUY A 10 CLASS CARD!

Single 90 min Class - \$15.00

Single 60 min Class - \$10.00

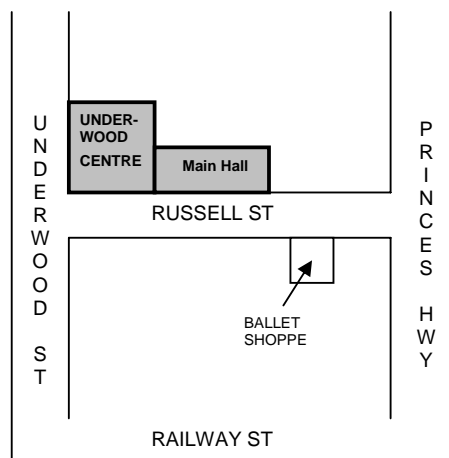
10 x 90 min Class Card - \$120.00 (2 FREE classes)

10 x 60 min Class Card - \$90.00 (1 FREE class)

Payments can be made via cash or cheque.

10 Class Cards are valid for six months (no refunds or extensions on unused or expired cards!)

NB: You are responsible for ensuring you are medically fit for the classes. Rhythmic Moves takes all reasonable care in the conduct of the classes. It accepts no responsibility for injury or loss caused in or near the classes / studios.



Monday & Thursday classes held in Main Hall

Tuesday classes held in Underwood Centre

Wednesday classes held in Mt Pleasant.

Please call for address.

TO NORTHERN DISTRIBUTER