

Sweet Feet Class Descriptions

Brain Train – Over and over, studies are proving that DANCE is the best form of exercise for the aging brain. This new class will work your brain and your body while having fun with like-minded people. The music will be upbeat and several routines will be learned each week with a lot of repetition. The class level will suit the needs of people who have danced before, as well as those who are brand new to the world of dance. All you need is a pair of **lightweight** tennis shoes and workout clothes.

Jazz - Does dancing make you happy? Are you looking for a fantastic workout with upbeat music and fun people? If so, Jazz is for you! This class offers an intense and challenging warm up with focus on strength, balance, coordination, and flexibility! Various across the floor combinations will be learned as well as routines.

TAP CLASSES

Start Up & Go! - Have you always wanted to Tap Dance? Are you looking for a new form of exercise that's fun and exciting? Do you have such a busy schedule that a once a week class is too much to add to your life? Come, join us and check out this new Tap class that meets two Fridays a month. We'll learn the basics, interesting rhythms, and dance to fun and energetic music! This class is for you if you've tapped a little over the years, or have never had a pair of tap shoes on! Tap dancing benefits bone health, balance, coordination, brain health, and so much more!

Builders - Calling Tap Dance lovers of all levels! If you've had some Tap lessons over the years, this is a great class for you. In this class, you'll learn how to **build** more intricate sounds into the steps that we'll be practicing in class. Be ready to move, get a great workout, build stronger bones, and have fun! Along with learning steps, routines will also be taught.

Fast Track - This class is for the more serious dancer who wants to learn as much as possible while being challenged. The focus will be on intricacy, complicated rhythms, as well as staying current on classic pieces that have been learned. Dancers must be OK with a challenge, enjoy a high energy atmosphere, and also like working at their own pace as they learn.