

# RUBY KAREN PROJECT

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## CLASS SCHEDULE - DESCRIPTION - LOCATIONS

Classes	Description	Age Group	Ind. Rate	<b>Where and When</b> Dance Asylum 2777 Bristol Ave. Ste. D Costa Mesa Beahive Dance 9627 Chapman Ave., Garden Grove Newhope Gym, 17270 Newhope St., Fountain Valley
DanceFlex	Stretching and dance movements customized according to the person's response. Great workout for increased flexibility, coordination and grace	Adults	\$52/ 4 class card \$96./ 8 class card	Mondays: 5:00 - 6:00 pm - @ Newhope Wednesdays: 7:30 - 8:30 pm @ Dance Asylum Tues & Thurs: 6-7 pm @ Beahive Dance Center
Aerial Dance Fitness©	Great class for various age, shape and fitness level (including those who believe are out of shape). YOU will achieve balance, strength, endurance and flexibility, not to mention - your ability to develop your artistic skills through interpretative movements. Aerial moves are customized based on your response.	Adults	\$80/ 4 class card \$150/ 8 class card  \$72/ 4 class card \$140/ 8 class card	Wednesdays: 7:30 - 9:30 pm @ Dance Asylum Tues & Thurs: 6-7 pm @ Beahive Dance Center
Styling and Technique	For those who want to learn how to dance (salsa, other latin dances and jazz) or those are already into dance, this class is focussed on individual technique, including Spin and Turns, Body Isolation, Compression/ Resistance, Arm and Leg Styling, Head Whips and Turns, Core Centering and Solo Routines.	Adults	\$52/ 4 class card \$96./ 8 class card	Wednesdays: 6:30 - 7:30 pm @ Dance Asylum Thurs: 8-9 pm @ Beahive Dance Center
Kids Aerial Dance	Great start for your kids to learn progressive cutting edge performing arts such as dance and aerial arts designed specifically for kids. The aerial apparatus will be Hoop and Hammock.	5-11 yrs	\$52/ 4 class card \$96./ 8 class card	Thurs: 5-6 pm @ Beahive Dance Center Sundays: 11:00 am - 12:00 pm @ Newhope
Ballet-Jazz	This class combines the structured technique required in ballet, thus allowing the student to learn proper posture and body awareness, physical control, balance, flexibility and agility combined with playful creative movements of the jazz style.	3-6 yrs	\$48/ 4 class card \$90./ 8 class card	Tues & Thurs: 4-4:45 pm @ Beahive Dance Center