

**CLASSES BEGIN
JANUARY 3, 2012 @ OUR NEW STUDIOS**



MON	TUES	WED	THURS	FRI	SAT	SUN
		ZumbAtomic Kids 5:00 – 5:45pm			Zumba 10:30am	YOGA 10:15 am <i>(Postponed)</i>
Zumba Toning 5:45pm	Zumba 5:45pm	Zumba 5:45pm	Zumba 5:45pm	More Classes Coming Soon!		Zumba 9:15am Starts 3/4/12
Nia 8:15pm			Zumba 8:00pm			

Zumba classes include a 15 min Step Breakdown at the beginning of class.



MON	TUES	WED	Thurs	FRI	SAT	SUN
Belly Dance Blast 5:30 – 6:00pm	Belly Dance Basics (Open Level) 6:00 – 7:00pm	Belly Dance Blast 5:00 – 5:30pm	Belly Dance Blast 5:30 – 6:00pm	Belly Dance Essentials Jamila Salimpour Tech 10:15am	Belly Dance Basics (Open Level) 9:30 am	Belly Dance Essentials Jamila Salimpour Tech 10:30am Starts 3/4/12
	Belly Dance Tech Drills 7:00 – 7:30pm	Conditioning for Belly Dance 7:00 – 7:25pm	Ballet for Belly Dance Teen/Adult 7:00-8:00pm		Conditioning for Belly Dance 10:30-10:55am <i>thru end of Jan</i>	
	Conditioning for Belly Dance 7:35 – 8:00pm	Belly Dance Essentials Jamila Salimpour Tech With Finger Cymbals 7:30 – 8:30pm			Belly Dance Improv Skills 10:30 – 10:55am <i>Begins Feb</i>	
	Belly Dance Basics (Open Level) 8:00 – 9:00pm	Belly Dance Tech Drills 8:35 – 9:00pm <i>thru end of Jan</i>			Belly Dance Tech Drills 1 hour Int/Adv 11:00 – 11:55am	
		Belly Dance Improv Skills 8:35 – 9:00pm <i>Begins Feb</i>			Belly Dance Fan Veil 12:05 – 1:05pm	
					FloorWork Stretch & Strengthen 1:10 – 2:10pm	Updated 1/17/12

WWW.DRUMDANCECENTER.COM

Our new address: 4054 Quakerbridge Road, Lawrenceville, NJ
(In the NFAMA Karate Complex)

THE DRUM DOJO

MON	TUES	WED	THURS
World Percussion (Djembe) 5:00 - 5:50pm	World Percussion (Djembe) 5:00 - 5:50pm	Drum Rudiments & Skills 5:30 – 6:20pm	World Percussion (Djembe) 6:00 - 6:50pm
Inquire about curriculum for our Drum Master Program. Performance opportunities available.		Private Instruction Drum Set, Rudiments and World Percussion) 6:30 – 9:30pm	World Percussion (Djembe) 7:00 – 8:00pm Start Date TBA
www.DrumDanceCenter.com			

CLASS DESCRIPTIONS

FITNESS

Zumba - The Zumba® program fuses hypnotic Latin/World rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to have so much fun dancing you don't even feel like you're working out. Join us for a calorie burning, energetic PARTY!

Zumba Toning - More burn, more toning, more fun! Zumba with small hand weights will tone your upper body while you get your groove on. Bring small 2lb hand weights.

ZumbaTomic – (For kids 8-11yrs) Zumbatomic® classes are high-energy fitness-parties packed with specially choreographed routines and the latest music, like hip-hop, reggaeton and cumbia. Zumbatomic classes increase focus and self-confidence, boost metabolism and improve coordination and are great fun!

Nia - Nia is a sensory-based movement practice that leads to health, wellness and fitness. Nia draws from disciplines of the martial arts, dance arts and healing arts. Beginners and highly fit athletes alike can adapt Nia to meet their needs by choosing from three intensity levels.

Yoga - Yoga increases strength, posture awareness, improved circulation, and purifying the body from toxins. It is beneficial to those who are active athletes as well as those just want to keep active. All levels welcome. Bring a Yoga mat.

DANCE

Belly Dance Blast – Just Dance! Learn a quick and easy dance and get fit at the same time. Very little technical breakdown, just follow and dance!

Belly Dance Basics - This instructional class teaches the "how to" of belly dancing. The benefits are stronger thighs, a higher, tighter booty, toned arms and a very in depth understanding of your body. Students who regularly attend report losing inches. Whether you plan to become a belly dancer or not, the improved body awareness will transfer over to many other physical activities. Learn the varied aspects of belly dance. Dance your inner Diva!

Belly Dance Essentials – Basics in the Jamila Salimpour Method - Great class for Beginners through Advanced Dancers. Learn some very fun belly dance moves and build your body to help express your inner Dance Diva! A cycle of classes in which each month offers different challenges.

Conditioning for Belly Dance – Conditioning for abs, thighs, glutes, upper & lower body combined with stamina building.

Belly Dance Tech Drills – Current enrollment in a Basics or Essentials class is required. Each week a new isolation is developed for stamina, control & speed.

Belly Dance Improv – Learn skills and practice dancing in the moment with the belly dance movements you learned in class.

Belly Dance Fan Veil - Practice the techniques necessary to execute fluid movement while allowing the fan veils to gracefully frame and accent your dance. We will also explore some of the simple yet impressive moves that are guaranteed to captivate any audience.

Adult/Teen Ballet - Adults and teenagers will enjoy learning ballet while developing confidence, mental concentration, physical coordination and grace. This class is for everyone: students who are new to ballet, students who want to dance, but never had the opportunity, and those who have danced before and want to rediscover dance

FloorWork for Belly Dance – Flexibility & strength training for the athleticism of the floorwork aspect of dance.

DRUM

Drum Master Programs – RUDIMENTAL~ DRUMSET~DJEMBE~DOUMBK

Dedicating oneself to the discipline of percussive arts. This is a comprehensive program to develop musical skill through progressive levels of achievement.

Drum Rudiments & Skills – Basic through advanced drum rudiment training that can be applied to all types of drumming. Not just for marching band!

World Percussion (Djembe) – Learn technique and tones, traditional rhythms and their application on djembe and other related percussion.

Open to all levels of experience.