



# DANCE CLASSES



*No Experience Necessary!*

## Zumba!

Zumba, the latest rage in Southern California, has made its way to Davis! This high-energy class is a fusion of Latin and International music & dance themes that is specially designed for those who are a little older, but still like to boogie! The routines feature aerobic/fitness training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilized the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning. It's a mixture of body sculpting movements with easy to follow dance steps. 18 years and up.

1/8-2/5	Sundays	5:30-6:30pm	\$38
3/12-4/9	Mondays	8:45-9:45am	\$38
4/12-5/10	Thursdays	6:00-7:00pm	\$38

## Dancing Like the Stars: Ballroom, Latin, and Swing Class

This fast and easy course in "partner dancing" will introduce you to the 6 popular dances of today. Just like on Dancing with the Stars, you will learn three basics steps, the musical timing and dance hold to get you out on the dance floor in no time. This class is for everyone who has ever wanted to learn how to dance. Offered to individuals as well as couples. Friday evening classes are immediately followed by a dance party to practice the new skills that you've learned! 18 years and up.

1/13-2/10    Fridays    7:00-8:00pm    \$40

## Line Dancing

Line dances are an instant hit on the dance floor no matter where you are! A line dance is a choreographed dance with a repeated sequence of steps in which a group of people dance in one or more lines or rows, executing the steps at the same time. It's a fun way to feel like part of a group and it provides great exercise with the fast pace steps for an aerobic workout. There's no need to find a partner. This new class is designed for the individual who loves all styles of dance.

1/11-2/8    Wednesdays    8:00-9:00pm    \$40

## Beginning Salsa Dance

This course is designed for absolute beginners to Salsa. You will learn basic footwork, dance positions, and connections between partners. This class also introduces the basics of leading and following and music interpretation. No dance experience or partner necessary! With this class, you will learn feel comfortable dancing in the nightclubs with one of the most popular social dances in the world! Come and join the fun! 18 years and up

2/14-3/13    Tuesdays    6:30-7:30pm    \$40



*For more information or to register,  
contact (530) 757-5626.*

