



Adult Class Descriptions

Adult ONLY Ballet | Join us for an adult ballet class that is tailored to all levels! This class offers ballet training and technique through traditional barre work, progressions/across the floor, and center floor combinations.

Adult ONLY Tap | Great for all levels of experience! Dancers will learn basic tap technique and rhythms. Join us for this fun and exciting class! Tap shoes can be ordered at the studio prior to the class!

Adult ONLY Heels | Heels is currently trending as a sexy style of dance that incorporates Jazz, Hip-Hop, and many other styles of dance. It has quickly grown in popularity across the dance community! What can be more empowering than dancing in a pair of heels?! Every class begins without heels (socks required) to strengthen and stabilize essential muscles in the ankle, foot, and legs. Training includes muscle memory, balance, and stability exercises. We wear heels the last 15min of class! Heels are optional!

Adult ONLY Hip – Hop | Join us for some adult ONLY fun and escape from the stresses of everyday life in this high energy class! This adult ONLY Hip-Hop class will incorporate all types of Hip-Hop dance including traditional and trending styles.

Adult ONLY Contemporary | This unique style of dance has become increasingly popular and combines several types of styles of dance including elements of ballet, jazz, and modern. It is an expressive form of dance that allows dancers to creatively move through space outside of traditional technique. This class is perfect for all levels!

Adult ONLY Jazz | Jazz dance is an energetic style of dance infused with ballet technique. In this class, dancers will practice traditional and commercial styles of jazz. This class typically include a warm-up, isolations, stretches, across the floor progressions, and center floor combinations.

What to expect the first day of an Adult ONLY class | Bring some water and wear typical workout clothes like leggings, tanks, crop tops, tennis shoes, shorts, etc. Don't forget a pair of clean socks (socks required for heels class). In the first class, we will help recommend appropriate shoes and attire to wear for the remainder of the class. Feel free to bring dance shoes on the first day or contact us to order shoes! Each class will begin with a warm-up, stretch, and conditioning followed by choreography. Choreography taught each week will build on the previous week's choreography. Please be aware that explicit music could be played in adult ONLY classes!

WE ARE DEDICATED TO ENSURE DANCE INCLUSION IS A SAFE, INCLUSIVE ENVIRONMENT FOR ALL. ALL POLICIES AND PROCEDURES MUST BE FOLLOWED TO REMAIN ENROLLED IN CLASSES AT DANCE INCLUSION, LLC. FAILURE TO COMPLY WITH ANY POLICIES AND PROCEDURES COULD LEAD TO REGISTRATION WITHDRAWAL, LEGAL ACTION, OR PERMANENT EXPULSION.