

# Dinah J's

## WORLD OF FITNESS & DANCE LTD

**ENGAGE EMPOWER ENHANCE SUCCEED**

### Class Descriptions

#### Ballet

This class is ideal for both the beginner and experienced ballet dancer as it focuses on essential ballet principles and techniques, developing poise, grace and technical ability. Supports the RAD (Royal Academy of Dance Syllabus). This class is Open to all.

#### Street Dance

Learn all the latest hip hop styles, street dance choreography and jaw dropping routines. Dancers taking part in this class have the opportunity to work towards regular performances, display teams, competitions and annual shows.

#### Breakdance

Learn how to perform tricks, develop freestyle, and how to lock pop and drop it. Led by BBoys from TRANSIT TRIX and qualifier for idance World Hip Hop Championships!! A session not to be missed. This class is open to all 10 years plus and will give all dancers a chance to take part in competitions, shows and dance battles. Under 10's Breakers class coming soon.

#### Zumba Fitness Class

A Latin inspired dance fitness class that incorporates Latin and international music to create a fun, easy to follow and highly effective fitness workout. Open to all 16 years plus.

#### Yoga

A powerful and effective yoga class formulated to strengthen, tone, develop core stability and overall posture. This class will also help clear the mind and renew the body's energy systems. Open to all (Adults only)

#### Contemporary Dance

A creative, dynamic dance class that develops control, flexibility, fluidity, and strength. Dancers taking part are given the chance to develop overall technical dance skills and ability. Drawing on balletic and expressive modern movement, this class is essential and highly recommended for all dancers as it forms the basis of all dance styles and provides essential grounding for all dancers.

### About the Classes

- Discounts are available to Wolverhampton College students with a valid student card.
- Classes are subject to pay as you go or term fees. Please note discounts are applied to term fees.
- All Dance teachers are fully qualified, trained and are highly specialised in their field of dance and hold enhanced CRB Checks.
- All classes must be pre-booked and any cancellations must be made no later than 24hours prior to the class.

CLASSES  
from  
**£3.50**

see reverse for  
**CLASS  
TIMETABLES**

FOR ALL GENERAL ENQUIRIES AND BOOKINGS

**TEL: +44(0)7930 878 006**

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