

# CS Dance Factory

*Fitness can be Fun! It's for Everyone!* Zumba® classes for 2-102 yrs, Dance, Barre, Performing Arts, Private classes and Free Demos for Organizations.

## CLASS DESCRIPTIONS:

**ZUMBA® Dance Fitness** Simple Latin dance steps in a high-energy, fun class! Join the Party! (13+)

**AQUA ZUMBA®** Party in the pool! Great for injury recovery & toning. No impact!

**ZUMBA GOLD®** Geared for baby boomer or beginner (55+, all adults welcome)

**ZUMBA® GOLD-TONING** Adds strength training to the party

**ZUMBA GOLD® (CHAIR)** Seated. Geared for older adult or injury recovery.

**BARRE Strength & Stretch** Tone & stretch standing at the barre.

**Intro Dance Workshop** Learn simple dance routines to take to nightclub, various styles, no partner needed.

**Broadway Dance Fitness** Simple dance steps to Broadway musicals, motion pictures, songs from yesterday & today.

**ZUMBA® KIDS** Dancing & fun games (5-12yr). **Tiny Stars** (2-6yr) Fun props too! Spanish introduced.

**Dance with Me Daddy** (3-8yr) Watch those tiny feet melt your big heart! Celebrate special Daddy bonding time.

**Bollywood Dance** (7-12yrs) Learn the pulsating rhythm and dynamic steps of Indian dances.

**Contemporary Dance** (5-8yrs) Learn dances to today's high energy contemporary music ranging from pop to hip hop

**(Jr) Performing Arts Camp** (Jr: 4-7yrs; 7-12yrs) Sing & Dance on Stage to multiple numbers.

**Musical Theater Singing Workshop Camp** (7-12yrs) Learn the elements of singing as they are related musical theater.

**Acting Improv Camp** (10-15yrs) Learn the basics of theater acting through improvisation techniques.

**Personal Training** (Adult) One-on-one instruction in strength training, flexibility and endurance.

**Dance Choreography** (All Ages) Provide choreography for musical theater or dance production for schools or groups.