

Adult Class Descriptions- 18+

Adult Ballet (Open Level): A welcoming class designed for dancers of all levels to improve ballet technique in a supportive environment. Build strength and flexibility while focusing on alignment and artistry. Perfect for both beginners and experienced dancers looking to refine their skills.

Adult Contemporary (Intermediate/Advanced): An edgy and challenging class with a focus on musicality and choreography. This movement-driven class is great for experienced movers looking for an amazing warm up and choro sesh. Emphasis is placed on dynamic phrasing, floorwork proficiency, and cultivating authentic expression. This one will feel good!

Adult Heels (Open Level): Unleash your confidence! This class aims to improve strength, coordination and balance, while empowering students to feel confident and graceful. During the hour we'll blend sultry choreography with fierce attitude, helping you feel confident in your power and body. You can expect to feel a mix of styles like jazz, contemporary, hip-hop and burlesque.

Adult Hip Hop Flow (Open Level): Dive into the groove with this high-energy class that blends hip hop fundamentals with fun music and a baddie attitude. You'll explore musicality, rhythm, and grooves while building confidence and style. Open to all levels! Come ready to sweat, vibe, and flow.

Adult Hip Hop Mamas (Open Level): This one's for the moms who want to move, groove, and feel fabulous. Hip-Hop Mamas is a high-energy, judgment-free class designed just for women looking to dance, sweat, and have fun. Whether you're brand new or danced back in the day, you'll learn easy-to-follow choreography set to today's hottest tracks while building confidence, strength, and community. No pressure, just good vibes, great music, and your time to shine.

Adult Jazz (Intermediate): A super fun class rooted in good old classic jazz technique! Expect sharp lines, dynamic isolations, and across-the-floor progressions that challenge precision, musicality, and performance quality. Hone in your leaps, turns and strength! Designed for dancers ready to refine their craft and move with power and style!