

Academy of DANCE

Adult Classes

Ballet

This class is designed to be a great workout alternative to dancers who would like a slower paced yet challenging workout! If you wish to continue stretching and improve your balance, this class is for you! We have performance and non-performance options available.

Tap

If you're ready to tap out the beat and put your tap shoes on for a fun and energizing class, this class is for you! Beginners and intermediates alike have a great time in this class, and it's time you found out why!

Street Jazz/Hip Hop

Don't let the kids have all the fun! Try your hand at today's hottest dance styles! Show them you've got what it takes to Pop/Lock/Glide and Freeze dance!

Contemporary Recreational Jazz

Jazz meets modern in this class designed for adults and teens alike! Stretch, emote, and enjoy jazz in this dance style that is sweeping the nation!

Ballroom

Grab a partner (or come as a single) and learn a new ballroom dance each month! Our certified ballroom instructor is also available for private lessons and wedding packages!

Please call the studio to find out this month's dance style!

Yoga

Our certified Iyengar instructor will lead you through a series of flowing movements to help you not only create strength and flexibility, but leave you feeling refreshed and ready to tackle the day!