

The Dance Studio of Park Slope

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Adult Class Descriptions

Abs and Back Lab & Beyond!

This class focuses on strengthening abs, joints, overall body health. Set to music, exercises and stretches are thoughtfully planned, many using props. Perfect for injury prevention and body restoration. The class is instructed by Jennifer Kliegel who has experienced, as many dancers have, a few injuries along the road which have led her to develop a class that gives a great workout - incorporating many different styles and techniques of both exercise and physical therapy - while accommodating each student's needs. A favorite phrase in class is "you have options".

Ballet

The Dance Studio of Park Slope offers three ballet classes weekly in a friendly, supportive and non-competitive environment:

Solid Beginner Ballet Workshop is designed for students with knowledge of basic ballet technique and are able to execute it. This class helps students to deepen their understanding of proper placements, correct muscle usages, coordination of movements, and musicality.

Adv. Beginner / Intermediate Level class on Wednesday is designed for experienced dancers with solid classical vocabulary and technique. This class focuses on refining placement, executing more intricate sequences, improving musicality, and maximizing individual dancer potential. The Intermediate class encourages self-discipline, focus, persistence when challenged, fitness, memory skills, self-esteem; all while providing concrete ballet technique in a friendly, professional environment.

Open Level class on Saturday is designed for mixed level students who are ready for the challenges of longer and more complex combinations of center floor work and wish to refine their musicality and transition of movements. This class offers ample center practice with in adagio, turns, jumps and diagonals, all fully explained.

Tap

You will find yourself dancing with a wonderful group of adults in a friendly and supportive classroom. This class combines traditional/classic and theatre dance styles of tap. The vocabulary of tap is emphasized as great music from big band, Broadway, rock n roll, jazz, country, swing, etc. fill the room accompanying exciting choreography.

Total Conditioning Kickboxing

Have you reached a plateau in your fitness program? Are looking for something different and exciting, a program that will push you to another level? This is not just another one of those cookie cutter kickboxing programs. James Gleba is a classically trained Martial Artist with over 30 years in fitness. His class includes training in flexibility, strength, aerobic and cardio conditioning, plyometrics, speed and Western and Chinese boxing.

