



## TEEN/ADULT Pop-Up Classes

\$25 per class - 75 minute classes

### Dance Fitness

Have a blast while breaking a sweat in our Dance Fitness class for Teens and Adults! This high-energy class uses low-impact exercises to leave you feeling ready to take on the world.

Winter '26 class dates: **Sunday 1/25 @9:15am; Sunday 2/22 @12:30pm; Sunday 3/29 @12:30pm**

### K-Pop

Learn to dance like your favorite idols in our K-Pop class! This upbeat class will teach dynamic choreography from hit Korean Pop music. K-pop dance often incorporates a mix of hiphop, jazz, and commercial dance styles.

Winter '26 class dates: **Saturday 1/31 @12:30pm; Saturday 2/28 @12:30pm**

### Modern/Contemporary

Embrace freedom, self expression, and experimentation in Modern/Contemporary dance! This class will go over the basics of modern dance technique, introduce elements of improvisation, and will encourage you to explore movement for yourself in a welcoming environment.

Winter '26 class dates: **Thursday 1/8 @6:30pm; Saturday 2/7 @12:30pm; Thursday 2/19 @6:30pm; Thursday 3/12 @6:30pm**

### Tap

Learn rhythm, style, and fundamental tap skills in an inviting space designed for all levels to shine and have fun. Hard soled shoes required, tap shoes recommended.

Winter '26 class dates: **Sunday 1/11 @12:30pm; Sunday 2/1 @12:30pm; Friday 2/20 @6:30pm; Sunday 3/1 @12:30pm**

### Jazz

A high-energy dance style characterized by its sharp movements and strong lines, our jazz class for teens and adults combines both classic technique and more modern jazz choreography.

Winter '26 class dates: **Sunday 1/18 @12:30pm; Tuesday 2/24 @7:30pm; Sunday 3/15 @12:30pm**

### Ballet

Our Ballet class is designed for all levels to experience the beauty of this timeless dance style. Beginners are always welcome! Clothing attire: Socks OR ballet slippers and form fitting clothing you are able to move comfortably in, such as leggings & a t-shirt or a leotard & tights.

Winter '26 class dates: **Saturday 1/10 @12:30pm; Saturday 2/7 @2:00pm; Wednesday 2/18 @7:30pm; Saturday 3/14 @12:30pm**

JANUARY 2026						
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FEBRUARY 2026						
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MARCH 2026						
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[WWW.DANCELA.COM](http://WWW.DANCELA.COM)

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