Abstract Dance Studio

Class Description

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| Babytime– Mums– Newborn +This class is for new mums to tone up safely and get back in shape with the added bonus of your baby being involved. Class consists of low exercise & relaxation methods for mum & baby  Baby Gym -Basic Gymnastics. Involving backward & forward rolls, bridges, cartwheels & handstands  Tod-A-Long 6m-3y  Mother & Toddler class consisting of games relating to movement & co-ordination. Shapes, textures & colours will be used to stimulate ideas to create games which will include use of objects such as balls, blocks & cuddly toys  Fun-N Run - Educational fun games class with team building, listening & co-ordination skills. Colours, shapes, numbers and the alphabet will be used to help stimulate creativity. This class aims to build confidence and discipline  Paint-A-Long - Creative dance movement art class involving drawing, painting and arts in crafts  Cheerleading – 5-12years – Cheer & Dance techniques including, motions, jumps, stunts & gymnastics. Working towards competition level. No experience required | Ab- A-ttack - Half hour total abdominal workout  Thighs/Tums/Bums-Half hour intense lower body workout  Burn-N-Up - Fat burning Aerobic exercise class. No experience required  Slim-A-Size - Loose inches with this all new sliming class. Class consists of stretching, toning and strengthening exercises. Measurement will be used instead of weight and a healthy balanced diet will be discussed to shed the inches away  Strength-N Up - Body conditioning class. No experience required  Burlesque - Fun sexy dance workout. No experience required  Grans-A-Loud- 50 Plus funky low impact exercise workout for groovy Grans. Free Tea/Coffee & biscuit included.  Cheer-ASize - This is a beginner’s class consisting of toning & fat burning exercises incorporating cheerleading motions & jumps. Your chance to be a cheerleader! No experience required  Sals-A-Size - Beginners class. Non partner Salsa Dancing. No experience required |
| Boys Street Class 4-12 years  Hip Hop, Body Popping & Locking, Krumping, Clowning & Breakdancing styles. No experience necessary  16+ Male Street Class  Hip Hop, Body Popping & Locking, Krumping, Clowning & Breakdancing styles. No experience necessary  Beginners Ballet 6-12 Years  This class consists of Istd Ballet techniques aimed to improve flexibility, posture, core strength and stamina. Examinations available with progression | Stretch-N– Strengthen 14+  This class is a set routine consisting of Jazz techniques to help improve flexibility, core strength and stamina. No experience necessary  Contemporary Adult Level 1/2  Aimed at qualified or student dancers who are currently training. Limon & Graham techniques will be taught. Some experience will be required  Pilates ( 8 week block)  Pilates is a method of exercising which tones & lengthens muscles creating a balanced body. This class is known to improve posture, increase strength and flexibility and is ideal for rehabilitation of injuries- particularly back pain. No experience necessary |