



FREE AFROBICS CLASSES



CLASSES BEGIN OCT. 31 | EVERY THURSDAY AT 6PM

Afrobics is a full body, fun experience—a dance fitness class combining Afrofusion movement to an African beat.

LOCATION:

Naomi Drenan Recreation Center

FOR MORE INFO:

Contact Shannon Fraser sfraser@charlotteballet.org or call 704.414.2774

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FREE JAZZ DANCE CLASSES



CLASSES BEGIN OCT. 28 | EVERY MONDAY AT 7PM

Jazz is a class for all ages, where participants will learn proper dance technique, including isolations of the body, polyrhythmic movement and various poses and patterns. Students will be exposed to various styles of jazz ranging from Broadway to contemporary to street jazz. No previous dance experience required.

LOCATION:

Berewick Recreation Center

FOR MORE INFO:

Contact Shannon Fraser sfraser@charlotteballet.org or call 704.414.2774

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FREE LATIN DANCE CLASSES



CLASSES BEGIN OCT. 28 | EVERY MONDAY AT 6PM

Latin Dance explores the Caribbean dance styles of Salsa, Bachata and Merengue in a fun and energetic dance environment.

The class is open to all ages and no previous dance experience is required.

LOCATION:

Albemarle Road Recreation Center

FOR MORE INFO:

Contact Shannon Fraser sfraser@charlotteballet.org or call 704.414.2774

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FREE LATIN LINE DANCING CLASSES



EVERY TUESDAY AT 6PM

Latin Line Dancing explores the Caribbean dance styles of Salsa, Bachata and Merengue in a fun and energetic dance environment. The class is open to all ages and no previous dance experience is required.

LOCATION:

Belle Johnston Community Center

FOR MORE INFO:

Contact Shannon Fraser sfraser@charlotteballet.org or call 704.414.2774

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FREE SENIOR DANCE CLASSES



CLASSES BEGIN OCT. 29 | EVERY TUESDAY AT 1:30PM

Senior Dance Class gives an introduction and overview of the rich and varied styles of dance. Each class begins with a rejuvenating warm up, moving into a dance combination and finishes with a cool down. Depending on participant needs, classes can be done in a chair to help alleviate any stress on the legs and knees. This class is intended for senior adults. No previous dance experience is required.

LOCATION:

Tyvola Senior Center – 2225 Tyvola Road, Charlotte, NC 28210

FOR MORE INFO:

Contact Shannon Fraser sfraser@charlotteballet.org or call 704.414.2774

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FREE WEST AFRICAN DANCE CLASSES



CLASSES BEGIN OCT. 30 | EVERY WEDNESDAY AT 7PM

West African Dance embraces the beauty – through rhythm and music – of traditional West African dance. This workshop is open to all ages. No previous dance experience is required.

LOCATION:
Martin Luther King Jr. Recreation Center

FOR MORE INFO:
Contact Shannon Fraser sfraser@charlotteballet.org or call 704.414.2774

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FREE ZIMBABWE AFRICAN DANCE CLASSES



CLASSES BEGIN OCT. 30 | EVERY WEDNESDAY AT 7PM

A fusion of Zimbabwe dance styles using traditional Zimbabwe vocabulary mixed with contemporary movement. Class is for all ages. No previous experience required.

LOCATION:
Martin Luther King, Jr. Recreation Center – 500 Bilmark Ave.

FOR MORE INFO:
Contact Shannon Fraser sfraser@charlotteballet.org or call 704.414.2774

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