

MOVE

DANCE & FITNESS CLASSES

Winter 2012

MOVE classes provide the best of dance and fitness together in one hour of power. MOVE classes use elements of aerobics, stretch and dance technique skillfully combined by our talented faculty to maximize calorie burn, increase strength and flexibility and challenge your fitness level. Whether you are new to dance or a seasoned mover, we have a class for you. This exciting program of classes is designed to make you MOVE!

Zumba®

Zumba® is a Latin dance-fitness workout that feels like a party! You'll burn tons of calories having fun, dancing to salsa, merengue, cha cha, flamenco, belly, hip hop, cumbia, samba and much more. The routines feature interval training with a combination of fast and slow rhythms that tone and sculpt the body.

All Levels	Monday	12:00 - 1:00 p.m.	Tanya Nuchols	FH
All Levels	Monday	6:30 - 7:30 p.m.	Jamilah Malloy	ATL
All Levels	Tuesday	6:30 - 7:30 p.m.	Tanya Nuchols	FH
All Levels	Wednesday	10:30 - 11:30 a.m.	Tanya Nuchols	FH
All Levels	Wednesday	6:30 - 7:30 p.m.	Jamilah Malloy	ATL
All Levels	Friday	10:30 - 11:30 a.m.	Tanya Nuchols	FH
All Levels	Sunday	10:00 - 11:00 a.m.	Joelle Robinson	BTH

Grind

Get your groove on in this hot new class that combines the music and movement influences of hip hop, reggae, and African dance. You'll move in ways you never thought you could.

All Levels	Wednesday	6:30 - 7:30 p.m.	Namaad Jackson	FH
All Levels	Saturday	1:00 - 2:00 p.m.	Namaad Jackson	ATL

Belly Dance Workout

Get the blood moving with an invigorating total body warm-up, including light toning exercises. Easy movements, drawn from Middle Eastern Dance, will inspire (and work) your heart and body. Variations will be shown to help accommodate your desired level of impact and cardiovascular challenge. Finish with a cool-down and stretch to leave refreshed and glowing. Your whole outlook will change when you shake, shimmy and undulate.

All Levels	Wednesday	6:30 - 7:30 p.m.	Miasia	BTH
All Levels	Sunday	11:00 a.m. - 12:00 p.m.	Miasia	BTH

Kukuwa Dance Workout®

Ready to burn 1000 Calories? Kukuwa Dance Workout (KDW®) is a low impact/high energy choreographed dance workout designed to target your cardiovascular system, improve your fitness level and pump fun through your veins. From the first beat, the energy grabs you and immediately has you moving your arms, waist, hips and legs to a blend of African soukous and Caribbean soca rhythms. It is open and challenging to participants at all fitness levels. This class is designed to make you MOVE!

All Levels	Saturday	12:00 - 1:00 p.m.	Fatima Senghore	ATL
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Afro-Colombian

Be prepared to MOVE in this high energy class where we will explore a fusion of different Afro-Colombian rhythms from the Atlantic and Pacific coasts as well as Cuban and Caribbean rhythms. Class will consist of warm-up, strengthening, stretching, across the floor exercises and fun!

All Levels	Sunday	3:00 - 4:00 p.m.	Juliana Calderon	FH
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Hip Hop Boot Camp

Get into shape with this hip hop class! Get your booty shakin' and learn hot grooves in this challenging class. Elements of physical fitness training, core work, and hip hop choreography will whip you into shape in no time!

All Levels	Sunday	11:00 a.m. - 12:00 p.m.	Taurus Broadhurst	ATL
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Please note: Classes are subject to cancellation or change of time, location or teacher, based on management's discretion.

ATL=Atlas Performing Arts Center

BTH=Bethesda

FH=Friendship Heights

Joy of Motion Dance Center is a nonprofit 501 (c)(3) organization. JOMDC is funded in part by the D.C. Commission on the Arts and Humanities, an agency supported by the National Endowment for the Arts.

Stretch & Align

Got an aching back? Always wanted to learn how to stretch after a dance class? Learn the fundamentals of proper alignment, posture and proper stretching technique for all of the major muscle groups. This class is a great way to feel relaxed and refreshed.

All Levels	Saturday	11:30 a.m. - 12:30 p.m.	Mané Rebelo-Plaut	FH
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Afro-Brazilian/Cuban

Afro-Brazilian/Afro-Cuban dance combines the rich history of the Yoruba religion as transplanted in Brazil and Cuba along with the unique rhythms of Rumba, Samba and Samba/Reggae as well as other Caribbean influenced movements. Each class begins with a warm up session feature progressive Afro-Brazilian flexibility movements and stretching exercises.

All Levels	Thursday	6:30 - 7:30 p.m.	Angela Ingram	FH
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Afro-Venezuelan

Afro-Venezuelan dance is a great full-body workout full of high energy. One of the most untapped forms of dance from a rich culture that is alive every day in towns such as Curiepe, Guatire and San Millan. We will learn the fast footwork and hip-winding dances performed in the San Juan Bautista Festival which is the most popular Festival of African Descendants in Venezuela. Each class consists of a warm-up, breathing, stretching, cardio, dance movements and fun!

All Levels	Sunday	11:00 a.m. - 12:00 p.m.	Mesi Walton	ATL
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Muevete

Get your hips movin' in this hot class! This dance and workout combination class combines the best of Salsa, Merengue, Cha-Cha, Samba, Rumba and more! This class is caliente!! No partner necessary.

All Levels	Sunday	7:30 - 8:30 p.m.	Laurie Anderson	BTH
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Moving Meditation

Moving Meditation, a combination of sitting meditation, personal warm-up and group improvisation, based on Contemplative Movement Practice developed by Barbara Dilley. In this class, we will set aside life's obligations and transition into being fully present together. Experience both an internal/personal focus and an external awareness of others. This practice is open to anyone interested in expanding your meditation practice to movement or being more mindful in your dancing.

All Levels	Sunday	11:00 a.m. - 12:00 p.m.	Ilana Silverstein	ATL
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Tribal Funk

Get a great workout in this fun, high energy dance class that combines Contemporary, African, and Hip Hop dance styles. All levels welcome. This is a foundation class for Contemporary African Technique class.

All Levels	Tuesday	6:30 - 7:30 p.m.	Taurus Broadhurst	BTH
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