



## Adult Dance Fitness

- Ballet
- Contemporary
- Jazz
- Tap
- Hip Hop



"There's a dancer in everyone and we aim to make sure our adult dancers enjoy the classes, learn a lot, and have fun while gaining the knowledge that our faculty has to offer!"

- Lisa Racina-Torre, Owner/Director -

**Aug. 12, 2024—June 11, 2025**

5 Class Pass, \$80

10 Class Pass, \$150

15 Class Pass, \$210



Scan QR Code to Sign Up!

**Intermediate Adult Ballet, Mondays, 8:15-9:15pm**

**Absolute Beginning Adult Ballet, Tuesdays, 6:45-7:45pm**

**Absolute Beginning Adult Tap, Tuesdays, 8:00-9:00pm**

**Adult Jazz (Beg-Int Level), Wednesdays, 6:45-7:45pm**

**Adult HipHop (Beg-Int Level), Wednesdays, 7:45-8:45pm**

**Adult Tap (Int-Adv Level), Wednesdays, 7:45-8:45pm**

**Adult Contemporary (Beg-Int Level), Thursdays, 8:15-9:15pm**



**Denton Dance Conservatory**

4103 Mesa Drive

Denton, Texas 76207

(940) 383-2623

[www.DentonDance.com](http://www.DentonDance.com)

## What to expect from your dance class:

Denton Dance Conservatory (DDC) has been offering Adult dance classes since 1988. As the dance trends go in and out of style, exercise trends come and go, dance technique remains a constant. Our teachers are highly trained in their perspective techniques and want to encourage, engage, and inspire our adult dancers to find the joy in movement. In the fall of 2020, DDC decided to offer adult-only classes throughout the year. In some instances, our adult dance students are committed to performing, and we offer opportunities for that as well through our end of the year recital. Whether you're wanting to try dancing for the first time, or getting back in shape after a break, our Adult Dance Fitness classes are perfect!!!



## What to Wear:



**Ballet**—comfortable form fitting work out clothes OR leotard, tights (or leggings), skirts optional, ballet shoes (Men: comfortable work out clothes OR white Tshirt, black men's tights, dance belt, white socks, white ballet shoes) Hair up away from face

**Hip Hop**—comfortable, loose fitting clothes with clean sneakers

**Tap**—comfortable loose fitting workout clothes OR leotard, tights (or leggings), black jazz tap shoes recommended

**Contemporary & Jazz**—comfortable form fitting work out clothes OR leotard, tights (or leggings), hair pulled back (Men: comfortable work out clothes OR white Tshirt, black men's

tights, dance belt) Bare feet recommended for Contemporary, ballet or jazz shoes for jazz.

## Dancewear Stores:

**DDC's in-house Dance Boutique**, 4103 Mesa Drive, Denton, Tx, Mon thru Thu 4:30-7pm

**Suffolk Dance Boutique** 2325 South Stemmons Frwy, Lewisville, Tx (972) 459-5556

**Sandy's Dance Wear** 11445 N. Dallas Pkwy, #270, Frisco, Tx (972) 377-4509

**5678 Dancewear Defined** 475 W. Southlake Blvd, Southlake, Tx (817) 417-5678

**GO TO [HTTPS://DENTONDANCECONSERVATORY.PUNCHPASS.COM](https://dentondanceconservatory.punchpass.com) TO REGISTER!**