ADULT CLASS SCHEDULE

METRO PARKS DANCE DIVISION

MONDAY

- Ballet (Intermediate) 9-10:30 AM 10
- New Dialect (Sep/Oct) **Somatic Warmup** 9:30-10:30 AM **Contemporary Forms** 10:40-12 PM 10
- Contemporary (Aug/Nov/Dec) 10-11:30 AM 10
- Floorwork (Int/Adv) 12-1:30 PM 10
- West African (Open Level) 6:45-8 PM

TUESDAY

- Ballet (Intermediate) 9-10:30 AM 10
- Ballet (Open Level) 10-11:30 AM 10
- di mossa 12:30-2 PM
- Conditioning for Dancers 6-7 PM 10
- Strength & Stretch 6:30-7:30 PM
- NIFD: Folk Dance 6:30-8:15 PM

WEDNESDAY

- Tai Chi (Open Level) 9-9:55 AM
- Tai Chi (Beginning) 10-11 AM
- West African (Open Level) 11:15-12:15 PM
- Gentle Pilates 1:30-2:30 PM
- New Dialect (Sep/Oct) **Somatic Warmup** 9:30-10:30 AM **Contemporary Forms** 10:40-12 PM 10

THURSDAY

- Ballet (Intermediate) 9-10:30 AM 10
- Ballet (Open Level) 10-11:30 AM 10
- di mossa 12:30-2 PM
- Gyrokinesis® 4-5 PM
- The Sensing Body 5-6 PM

FRIDAY

- Ballet (Advanced) 10-11:30 AM 10
- Dancing with Parkinson's 10:30-11:30 AM ★

SATURDAY

- DanceFit 10:30-11:30 AM
- West African (Intermediate) 10:30-11:45 AM

★ Requires registration for full session

10 Class card eligible

LOCATIONS

- MORGAN PARK COMMUNITY CENTER
- SEVIER PARK COMMUNITY CENTER
- COLEMAN COMMUNITY CENTER
- MCCABE PARK COMMUNITY CENTER
- HADLEY PARK COMMUNITY CENTER
- OLD HICKORY COMMUNITY CENTER

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CLASS DESCRIPTIONS

WEST AFRICAN

Instructor: Windship Boyd with Ibro Dioubate

Join Windship Boyd to explore together different dances from West Africa (primarily Guinean dances) with a focus on the fundamentals, feeling the music, and the joy of movement.
Windship has been studying dance in West Africa for over 15 years and recently returned from an extended stay.

Drop-in: $5

BALLET

Instructors:
Rebekah Hampton Barger
(Tue\Thu Open Level at CPAS)
Donna Carver
(Mon\Tue\Thu Int. Level at Sevier)
Katie Eliason
(Fri Adv. Level at CPAS)

Experience the joy of ballet in a welcoming environment. For open level classes, students should have some experience in ballet and the ability to modify movements as needed to suit their level of experience.

Drop-in: $10 / $4 Seniors
10-Class Card: $80 / $30 Seniors

CONTEMPORARY

Instructor: Emma Morrison

This class focuses on waking both the mind and body using sensory based improvisations to enliven the imagination of the mover. We will tap into articulate and curious physical modes such as skill-building, movement games, and large phrase material done in unison (or not in unison), with the simple goal of having fun and sweating together. Appropriate for a range of adult movers, from those with no prior experience to advanced professionals.

Drop-in: $10 / $4 Seniors
10-Class Card: $80 / $30 Seniors

CONTEMPORARY FLOORWORK

Instructor: Spencer Grady
(Intermediate/Advanced Level)

Dancers explore contemporary floorwork principles, warming up with simple somatic patterning that builds into dynamic and expansive floorwork. This structure will emphasize weight in all four limbs and building inversion skills. Knee pads encouraged.

Drop-in: $10 / $4 Seniors
10-Class Card: $80 / $30 Seniors

DANCEFIT

Instructor: Kat Mathis

DanceFit is a medium-to-high intensity, dance-based cardio fitness class that's FUN.
Experience a challenging workout in a positive and encouraging environment with easy-to-follow choreography and a pop music playlist.

Drop-in: $4

DANCING WITH PARKINSON'S

Instructor: Julia Marx

This class engages the body, mind, and spirit in dance and movement designed to address the challenges of living with PD. With no prior dance experience required, you will learn to move to music in ways which are fun and easy to pick up. Dances provide practice with balance, flexibility, mobility, coordination, creative thought, and relaxation. All activities can be done standing or seated. Individuals with Parkinson's and their partners and caregivers are welcome.
FREE (Pre-registration required)

di mossa

Instructor: Lisa Valeri and rotating guest artists

There is always room for multiple levels but some dance experience is helpful. Class moves from a somatic guided warmup, thru basic technique progressions and into a choreographed combination set to a new playlist every month. We allow space and time for a mover's own style, imagination and sense of fun!
The atmosphere is welcoming and supportive of everyone's practice.

Drop in: $12
Series of 6: $60

GENTLE PILATES

Instructor: Kari Gregg

The exercises created by Joseph H. Pilates use muscle control, breathing techniques, imagery and postural alignment to strengthen the entire body. Kari uses a variety of props to challenge your strength, flexibility, mobility, and balance in each class, helping you build confidence to move through all of the daily activities you love with ease and joy.

Drop-in: $4

GYROKINESIS®

Instructor: Phylicia Roybal

The Gyrokinesis Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences.

Old Hickory Community Center
Drop-in: $4

New Dialect

Instructor: Rotating Artists

For folks of all skill levels and backgrounds, ages 16+.
Each fall and spring, New Dialect curates a stellar line up of Nashville-based dance artists to share their practice and process with the local dancing community. Methods include contemporary forms, phrase work, guided improvisation, contact improvisation, contemporary partnering, Gyrokinesis®, and more.

Warmup Drop-in: $4
Class Drop-in: $10 / $4 Seniors + BIPOC
10-Class Card: $80 / $30 Seniors + BIPOC

NIFD: International Folk Dance

Instructor: Rotating Instructors

Join us for spirited International Folk Dancing often accompanied by live music with repertoire that includes village dances from Albania, Armenia, Bolivia, Bulgaria, France, Greece, Hungary, Israel, North Macedonia, Romania, Russia, Serbia, Tűrkiye, and Ukraine.

Drop-in: $3
Register for Trimester: $40

STRENGTH AND STRETCH

Instructor: Asia Pyron

Come join Asia Pyron in her fitness classes involving full body strengthening and stretch exercises. This hour long class will get you sweaty and strong as Asia guides you through basic yet challenging movement. Release your inner beast and come move with Asia!

Drop-in: $4

TAI CHI

Instructor: Jen-Jen Lin

Tai Chi moves slowly and gently with a calm mind, sometimes called meditation in motion. It applies the theory of yin and yang and strives the balance the body and mind. Learn basic breathing, stances, walking and beginning level Tai Chi low-impact exercise.

Drop-in: $4

CONDITIONING FOR DANCERS

Instructor: Spencer Grady
A 60-minute conditioning class geared towards the dance artist, but accessible to all experience levels. This class aims to improve strength, stability, flexibility, and endurance. Class begins with an easy warm-up and then progresses into core and stability work, resistance and interval training, and plyometric exercises. Each class ends with a cool-down and stretch. This class can be done in bare feet or with clean tennis shoes.
Drop-in: $10 / $4 Seniors
10-Class Card: $80 / $30 Seniors

THE SENSING BODY

Instructor: Phylicia Roybal

There is always room for multiple levels but some dance experience is helpful. Class moves from a somatic guided warmup, thru basic technique progressions and into a choreographed combination set to a new playlist every month. We allow space and time for a mover's own style, imagination and sense of fun!
The atmosphere is welcoming and supportive of everyone's practice.

Drop-in: $4

- Adult classes are for ages 15+
- Classes are open level unless otherwise specified. For open level classes, students should have some prior experience and may modify movements as needed. No experience necessary for beginner classes.
- Seniors are considered ages 62+.
- For classes with registration, students register by calling 615-880-2787
- For drop-ins and class cards, students purchase at the front desk of the class location before class begins.
- We currently accept cash, checks made out to Metro Parks, or credit/debit cards. Please note there is a 2.3% transaction fee for all debit/credit card purchases.
- To stay up to date on holiday and weather closures, like us on Facebook (Metro Parks Dance Division | Nashville TN) or follow us on Instagram (@metrodancenashville)