



dances for a variable population

347.683.2691

[dvpnyc.org](http://dvpnyc.org)

Think about your fitness like a dancer. Take a dance class for your fitness.

## Winter and Spring 2017 Session Classes

Winter session Jan 9 – March 27; Spring session April 3 – June 19

**Naomi Goldberg Haas** will teach Monday Variable Pop Basic Fitness, Tuesday Variable Pop Dance Fitness and Thursday Modern dance for the Older Dancer

**Geraldine Bartlett Rubin** teaches Tues and Thurs 8:45 AM Fitness all days  
Please contact her at [geraldinebartlett@gmail.com](mailto:geraldinebartlett@gmail.com) or 917-208-8041 for class registration and fees.

**Naomi's Classes at the Harkness Dance Center at the 92 Y** are listed at the bottom of this schedule and are not part of this rate plan.

### **BASIC FITNESS 9:00 -10:20 AM**

**Mondays** at University Settlement, 273 Bowery (off Houston Street)

**Jan 9, 16-no class Martin Luther King day, 23, 30, Feb 6, 13, 20- no class Presidents day, 27, Mar 6, 13, 20, 27, Apr 3, 10 – no class Spring break, 17, 24, May 1, 8, 15, 22, 29- no class Memorial day, June 5, 12, 19**

### **VARIABLE POP® DANCE CLASS 10 -11:30 AM**

**Tuesdays** at Rod Rodgers, 62 East 4<sup>th</sup> Street (btw 2<sup>nd</sup> Ave and Bowery)

**Jan 10, 17, 24, 31**

### **GERALDINE'S BASIC FITNESS 8:45 - 9:45 AM**

Tuesdays and Thursdays at University Settlement, 273 Bowery (off Houston Street)

**All days**

### **MODERN DANCE FOR THE OLDER DANCER 12:30 - 2:00 PM**

Thursdays starting February 2 at the

Harkness Dance Center, 92 Y

Call 212.415.5553 for registration

**CLASS FEES for all classes except Geraldine's Tuesday/Thursday & 92 Y class**

**Series of ten: \$170 (\$17 a class)**

**Winter session: January 9 – March 27**

**Spring Session: April 3-June 19**

**Single Class: \$22**

Make a check payable to DVP Inc. (put classes in the memo line) and mail to Naomi Goldberg Haas, 560 Riverside Drive, 9K, New York, NY 10027 or bring cash/check to the first class.

Missed classes will have to be made up within the session and cannot transfer between winter and spring

**Class Descriptions:**

**Variable Pop Basic Fitness:** Fitness with a dancer's knowledge of correct alignment and efficient movement. Exercises for increasing flexibility, strength and better balance. Includes Warm-up, Cardio Conditioning, Strength training, Core mat work and Cool down.

**Variable Pop Dance Class:** Understand the power of a dancer's kinesthetic awareness, the mind - body connection, move in strong and creative ways. Connect to the expressive language of dance. Warm-up; multidirectional movements, structured improvisation; and dynamic stretch. A variety of popular to world music accompanies class. Sneakers, flexible shoes, dance shoes or barefoot.

**Modern Dance for the Older Dancer:** Created for the dancer coming back to the studio. Enjoy moving with full expression and purpose, the class integrates the thinking body with the emotional body. Barre work moves to standing center opening the spine with a combination of contemporary and traditional dance techniques. Emphasis is on correct alignment, articulation and connected movement, class also includes a floor work section informed by Pilates mat strengthening. Session is completed with adaptable large phrase movement across the floor.