



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

## Winter/Spring Session 2 Classes

March 2 – April 30, 2015

**Naomi Goldberg Haas, Jamie Graham and Katherine Moore** teach Monday/Wednesday Variable Pop Basic Fitness and Tuesday Variable Pop Dance Fitness.

**Geraldine Bartlett Rubin** teaches Tues and Thurs 8:30 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 9:15 -10:45 AM**

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

**March 2, Jamie 9, 16, 23, 30, April 13, Katherine 20, 27**

### **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)

**March 3, Katherine 10, 17, 24, Katherine 31, April 14, 21, 28**

### **BASIC FITNESS 9:15 -10:45 AM**

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

**March 4, Geraldine 11, 18, 25, April 1, Jaime 8, 15, 22, 29**

### **GERALDINE'S BASIC FITNESS 8:30 - 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 at the Harkness Dance Center, 92 Y

*Katherine teaching March 12*

No class April 9

Call 212.415.5553 for registration

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

16 class series @ \$17.00 per class = \$272

8 class series @ \$18.00 per class = \$144

Single Class: \$20

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 to session two.

**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.

MOVEMENT SPEAKS® workshop classes - FREE SENIOR PROGRAMMING

George Bruce Library, 518 West 125<sup>th</sup> Street (btw Broadway & Amsterdam) –  
Fridays 10:30AM - 12PM

Jan 9 to June 19, 2015

Central Harlem Senior Center, 34 West 134<sup>th</sup> Street – Tuesdays 1:30 to 3:0 PM  
Jan 6 to June 16, 2015

Mott Street Senior Center, 180 Mott Street – Thursdays 10:00 – 11:30 AM  
Jan 8 to May 21, 2015

Goddard Riverside Senior Center, 593 Columbus Ave (at 88<sup>th</sup> St) 1:30 to 3 PM  
Jan 14 to May 6, 2015

