

## ADULT CLASSES at Essex Dance Theatre

### MONDAY

TIME	Studio 1	Detail	Cost	Contact
9.30am - 11.00am	<b>Tutor: Paul Brown</b> Iyengar Yoga	General Level Iyengar yoga class for those who have 2/3+ years experience who wish to deepen their understanding and	£7 per week if paid in a half term block or £9 weekly	<a href="mailto:paulbrownvoga@hotmail.co.uk">paulbrownvoga@hotmail.co.uk</a>
11.15am - 12.45pm	Iyengar Yoga	Iyengar yoga class suitable for beginners and those with a little experience.	£7 per week if paid in a half term block or £9 weekly	

### TUESDAY

TIME	Studio 1	Detail	Cost	Contact
9.45am - 10.45am	<b>Tutor: Ellie Meadows</b> Exercise with Ellie Over 50's exercise class	A Class designed specifically for the over 50's, working on flexibility, strength, posture & balance together with overall fitness. Fun, friendly class suitable for all abilities	£5 per class. Pay as you go	<a href="mailto:moosgirl@gmail.com">moosgirl@gmail.com</a>  07742 772439
11.00am - 12.30pm	<b>Tutor: Nicola Hollas</b> Iyengar Yoga	Iyengar yoga class suitable for all abilities	£8 a week paid in a half term block.	<a href="mailto:njhollas@gmail.com">njhollas@gmail.com</a>

### WEDNESDAY

TIME	Studio 2	Detail	Cost	Contact
5.30pm - 8.00pm	<b>Tutor: Shrimathi Susanna</b> Classical Bharatanatyam Indian Dance	A mixed age Beginners Bharatanatyam Class. This very popular classical Indian style allows children and adults to explore hand, eye and neck movements, along with dynamic leg stretches and foot rhythms. This fun class will start with a warmup, followed by the basic classical steps known as Adavus.	Class price £8.15 per session	<a href="mailto:naatyaeast@icloud.com">naatyaeast@icloud.com</a>

### THURSDAY

TIME	Studio 1	Detail	Cost	Contact
9.30am - 11.15am	<b>Tutor: Paul Brown</b> Iyengar Yoga	General/Intermediate level Iyengar yoga class, working on depth on the introductory syllabus and introducing work from the intermediate Syllabi.	£9 per week if paid in a half term block or £11 weekly	<a href="mailto:paulbrownvoga@hotmail.co.uk">paulbrownvoga@hotmail.co.uk</a>
8.00pm - 9.00pm	<b>Tutor: CLARE ISAACS</b> Adult Tap	A fun friendly Adult Tap Class suitable for all abilities. No experience necessary. Come along & have a try	£5 per class. Class size is limited. email Clare to pre book your place	<a href="mailto:clareisaacs01@hotmail.co.uk">clareisaacs01@hotmail.co.uk</a>
8.00pm - 9.00pm	<b>Tutor: Helen Cridland</b> Adult Ballet	Whether you did ballet in your youth and want to take it up again, or if you just fancy trying something new, everyone is welcome to the adult ballet class! A great way to improve posture, fitness and flexibility in a relaxed and fun class environment. Your first class is free and then it's £5 per class, on a pay-as-you-go basis. Come along and give it a try!	£5 per class. Pay as you go	<a href="mailto:helenrose232@gmail.com">helenrose232@gmail.com</a>