

ADULT CLASSES at Essex Dance Theatre

MONDAY

TIME	Studio 1	Detail	Cost	Contact
10.15am - 11.45am	<u>Tutor: Paul Brown</u> Iyengar Yoga	Mixed Level Iyenga yoga class for beginners & for those with experience.	£12 per week if paid in a half term block or £15 weekly	paulbrown30454@gmail.com
TIME	Studio 2	Detail	Cost	Contact
7.00pm - 8.00pm	<u>Tutor: Maisie Underwood</u> Adult Commercial Dance	A fun friendly dance Class suitable for all abilities. No experience necessary. Come along & have a try	£69.00 per 12 week term	paulene.sorrell@essex.gov.uk

TUESDAY

TIME	Studio 1	Detail	Cost	Contact
9.45am - 10.45am	<u>Tutor: Ellie Meadows</u> 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	moosgirl@gmail.com 07742 772439
TIME	Studio 2	Detail	Cost	Contact
11.00am - 12.30pm	<u>Tutor: Nicola Hollas</u> Iyengar Yoga	Iyengar yoga class suitable for all abilities	£10 per week if paid in a half term block or £12 weekly	njhollas@gmail.com

TUESDAY

TIME	Studio 3	Detail	Cost	Contact
8.00pm - 9.00pm	<u>Tutor: CLARE ISAACS</u> 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	clareisaacs01@hotmail.co.uk

THURSDAY

TIME	Studio 1	Detail	Cost	Contact
8.00pm - 9.00pm	<u>Tutor: Helen Cridland</u> 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	helenrose232@gmail.com