

## ADULT CLASSES at Essex Dance Theatre

### MONDAY

TIME	Studio 2	Detail	Cost	Contact
7.00pm - 8.00pm	<b>Tutor: Maisie Underwood</b> Adult Commercial Dance	A fun friendly dance Class suitable for all abilities. No experience necessary. Come along & have a try	£72.00 per 12 week term	<a href="mailto:paulene.sorrell@essex.gov.uk">paulene.sorrell@essex.gov.uk</a>

### 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
TIME	Studio 2	Detail	Cost	Contact
11.00am - 12.30pm	<b>Tutor: Nicola Hollas</b> Iyengar Yoga	Iyengar yoga class suitable for all abilities	£10 per week if paid in a half term block or £13 weekly	<a href="mailto:njhollas@gmail.com">njhollas@gmail.com</a>

### TUESDAY

TIME	Studio 3	Detail	Cost	Contact
8.00pm - 9.00pm	<b>Tutor: ABBIE JACKSON</b> Adult Tap	A fun friendly Adult Tap Class suitable for all abilities. No experience necessary. Come along & have a try	£7 per class. Class size is limited. email ABBIE to pre book your place	<a href="mailto:abbie.rose@btinternet.com">abbie.rose@btinternet.com</a>

### THURSDAY

TIME	Studio 1	Detail	Cost	Contact
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!	£7 per class. Pay as you go	<a href="mailto:helenrose232@gmail.com">helenrose232@gmail.com</a>