



Adult Dance and Fitness



Register Now for **METROPOLITAN FINE ARTS CENTER** Adult Dance and Fitness Classes

Metropolitan Fine Arts Center (MFAC) is the premiere extracurricular performing arts school in the Metropolitan DC area. Our faculty and staff strive to provide our students with the highest level of expertise and technical proficiency in the performing arts. We invite you to visit our two facilities spanning over 10,000 square feet located in Alexandria and Fairfax Station, Virginia. Please visit metrofinearts.com for more information!

Whether you are new to dance, want to dance to get in shape, or are an avid professional, **MFAC** offers classes that will meet your needs. **MFAC** has a drop-in policy for all adult classes aside from private lessons, workshops and social dance sessions. Drop-in classes meet the same day and time each week and are taught by highly qualified dance educators. Once you determine your level of study, you may drop-in to any class on our schedule with no additional fee. Our front desk staff is on hand to guide you through our schedule and to assist you in choosing a class that meets your needs and abilities.



Adult Dance and Fitness Schedule 2011-2012

Class	Loc	Day	Time	Teacher
Adult Ballet I	FFX	Mon	8:00-9:15 p.m.	Spinelli, Diane
Adult Ballet II	ALX	Wed	7:00-8:00 p.m.	Burke, Judy
Adult Ballet II/III	ALX	Th	9:30-11:00 a.m.	Doherty, Jackie
Adult Ballet III	ALX	Mon	8:00-9:30 p.m.	Burke, Judy
Adult Jazz II/III	ALX	Th	8:30-9:30 p.m.	York, Marilyn
Adult Tap I	ALX	Wed	8:00-9:00 p.m.	Burke, Judy
Adult Tap II/III	ALX	Tu	7:00-8:00 p.m.	Burke, Judy
Adult Social Dance	ALX	Fri	7:30-8:30 p.m.	Burke, Judy
Adult Yoga	ALX	Mon	9:30-10:30 a.m.	Latrash, Melanie
Adult Yoga	ALX	Wed	8:00-9:00 p.m.	Latrash, Melanie
Adult Yoga	ALX	Wed	9:30-10:30 a.m.	Latrash, Melanie
Adult Yoga	ALX	Fri	9:30-10:30 a.m.	Latrash, Melanie
Zumba!	ALX	Tu	8:00-9:00 p.m.	Gibbons, Liza
Zumba!	ALX	Th	6:30-7:30 p.m.	Gibbons, Liza
*Ballet Barre Fitness: Will begin in January	FFX	Th	8:00-9:00 p.m.	TBD

ADULT CLASS LEVELS

Level I (Basic): Little to no previous class instruction in this dance form.

Level II (Beginning/Intermediate): Class is geared toward mastering basic skills and building upon the technique learned in Level I.

Level III (Intermediate/Advanced): Class is intended for students with a solid dance foundation. Students focus on developing intermediate level skills and vocabulary. Teachers challenge students with increasingly difficult exercises and combinations to build strength and proper technique.

TUITION AND PRICING

Drop-in classes are \$13/class.

We have Class Cards available for purchase at the front desk. You can use them for one class or mix and match your classes. Best of all, Class Cards never expire!

10-Class Card: \$120

20-Class Card: \$200

30-Class Card: \$270

Adult Social Dance Series:

6-Week Course: \$66

9-Week Course: \$99

Photos by Enoch Chan and Laura Mann