

# Happendance Exchange Lansing (HXL)

1607 E. Kalamazoo, Lansing 48912

# Class Schedule 2016-17

## MONDAY

5:45-6:45 pm PILATES/CREATIVE SELF-CARE (Market Moves)  
7:00-8:10 pm ADULT DANCE: Modern, Jazz, Ballet, Improvisation

## Monthly Fee

\$52 for non-MarketMovers  
\$52

## TUESDAY

12:30-1:30 pm CLASS FOR THE AGELESS DANCER  
5:30-6:00 pm DANCE 3-4: Creative Movement  
6:10-6:50 pm DANCE 5-8 : Elements/Intro Technique (modern, jazz, ballet)

\$52  
\$52  
\$52

## THURSDAY

5:45-6:45 pm PILATES (Market Moves)  
7:00-8:00 pm CREATIVE SELF-CARE for Stress Reduction

\$52 for non-MarketMovers  
\$52

## SATURDAY

8:45-9:45 am YOGA (Market Moves)

\$10 drop-in  
\$32 4-class punchcard

*Market Moves* is a movement initiative for Eastsiders made possible by the Allen Neighborhood Center. Inquire at the ANC or Happendance to enroll.

Classes run September 6-June 12. Enroll at HXL any time within the year.  
\$15 drop-in for most classes. \*Partial scholarships are available. Contact us for an application.

*Creative Self-Care* uses pilates therapy and somatic dance to increase movement function, brain health, and social/emotional intelligence. Private sessions available.

CALL 517-333-3528 OR EMAIL [OFFICE@HAPPENDANCE.ORG](mailto:OFFICE@HAPPENDANCE.ORG) for more information.

