

**HAPPENDANCE EXCHANGE LANSING  
SUMMER CLASSES 2017**

June 19-August 1  
No classes July 4<sup>th</sup>

Lansing Location: 1607 East Kalamazoo Street Lansing, MI 48912 Next to the Allen Neighborhood Center
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**CREATIVE CLASSES FOR YOUNG MOVERS**

DANCE AGES 3-4                                          Tuesdays 5:45–6:15 pm                                          Fee: \$75.00  
*Children explore their world through movement inspired by music, props, and poetry to develop basic dance skills.*

DANCE AGES 5-8                                          Tuesdays 6:20-7:15 pm                                          Fee: \$80.00  
*Basic dance skills and vocabulary are introduced, coupled with an emphasis on self-expression and creativity.*

DANCE AGES 9-13                                          Tuesdays 7:20-8:15 pm                                          Fee: \$80.00  
*Learn to create and perform dances in a range of dance styles.*

KIDS HIP-HOP ages 6-11                                          Thursdays 5:45- 6:45 pm                                          Fee: \$80.00

**MOVEMENT CLASSES FOR ADULTS**

PILATES                                          Mondays 5:45–6:45 pm                                          Fee: \$80.00  
*Looking to improve your movement function (addressing pain and limitations) before advancing to fitness? Start here and move toward your goals!)*

CREATIVE SELF-CARE                                          Mondays 7:00-8:00 pm                                          Fee: \$80.00  
*Reduce stress, build strength and resilience through pilates and somatic dance practices.*

Class for the Ageless Dancer                                          Tuesdays 10:00-11:00 am                                          Fee: \$80.00  
*A movement class for the mature body and young in heart.*

Adult FITNESS                                          Wednesdays 5:45-6:45                                          Fee: \$80.00  
*Let's get fit to dance! Please come and join us for low impact cardio and strength training to maintain and achieve healthy body weight and build lean muscle mass. This class will help you achieve your mental and physical health while having fun working out!*

Adult DANCE                                          Thursdays 7:00-8:00 pm                                          Fee: \$80.00  
*A movement sampler exclusive to the summer term!*

Yoga                                          Saturdays 8:45-9:45 am  
  
Drop-in \$10  
6-class punch card \$50

**TO ENROLL CALL 517-333-3528 OR GO TO [HAPPENDANCE.ORG](http://HAPPENDANCE.ORG)**