

# Happendance Exchange Lansing (HXL)

1607 E. Kalamazoo, Lansing 48912

# Class Schedule 2016-17

Classes begin September 6!

## MONDAY

5:45-6:45 pm  
7:00-8:10 pm

PILATES/CREATIVE SELF-CARE (Market Moves)  
ADULT DANCE: Modern, Jazz, Ballet, Improvisation

## Monthly Fee

\$52 for non-MarketMovers  
\$52

## TUESDAY

10:45-11:45 am  
5:30-6:00 pm  
6:10-6:50 pm  
7:00-8:00 pm

CLASS FOR THE AGELESS DANCER  
DANCE 3-4: Creative Movement  
DANCE 5-8 : Elements/Intro Technique (modern, jazz, ballet)  
DANCE 9-13 : Technique, Styles,Composition (modern, jazz, ballet)

\$52  
\$52  
\$52  
\$52

## THURSDAY

11:00-12:00 pm  
5:45-6:45 pm  
7:00-8:00 pm

CREATIVE SELF-CARE for LIMITED MOVERS  
PILATES (Market Moves)  
CREATIVE SELF-CARE: Stress Reduction

\$52  
\$52 for non-MarketMovers  
\$52

## FRIDAY

6:00-7:00 pm

*First Friday* \$5 Workshops for Kids (Ages 4-12)

\$5 per child, 1 class per month

## SATURDAY

8:45-9:45 am

YOGA

\$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 and social/emotional intelligence. Private sessions available.

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

