



CENTER FOR MODERN DANCE EDUCATION WINTER 2024

Unless otherwise noted all classes are co-ed, multi-level and inclusive of people with disabilities as appropriate

In person. ZOOM. Independently run program. Use contact listed.

First class Free!

Youth classes \$5. Adults \$20 per class. Seniors \$17 per class.
\$180 for Sept to Dec. \$540 for full year

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM							8:30AM - 1:30PM Space in use
10AM	9:30AM - 11AM Dancing Workout Adults - Seniors Claire Porter	10AM - 10:50AM "Strive" Adults with disabilities Amanda	9:30AM - 11AM Dancing Workout Adults - Seniors Claire Porter		9:30AM - 11AM Dancing Workout Adults - Seniors Claire Porter	10AM - 11AM Moving Experience Teens - Young adults w disabilities 10-20's Amanda/Kalena	
11AM						11AM - 12:30PM Modern Dance Adults Elissa & guests	
12PM		11:30AM - 12:30PM Modern Dancercise Adults - Seniors Elissa	11:30AM - 12:10PM Gentle Yoga ZOOM Elissa	11:30AM - 12:10PM Stretch & Movement ZOOM Katonya			
1PM							
2PM						2PM - 4PM Workshops, rehearsals and meetings	2PM - 3PM Multi-Gen. African Dance and Drum Yahya
3PM							3PM - 3:30PM Drumming Yahya
4PM						2PM - 6PM Simply Social Dance	
5PM		4:30PM - 5:20PM Drop in and Dance Ages 3-8 Allison		4:30PM - 5:20PM Creative African Dance Ages 4-12 Yahya		Lisa Skates 201 694 7087 lisa@simplysocialdance.com	
6PM	6PM - 6:40PM Latin Fusion with Allison ZOOM		5:30PM - 9PM Indian Dance	5:30PM - 7:20PM Afro-Modern Company Ages 12-21 Jr Co. members 8-11 yrs Yahya & Allison	5:30PM - 6:10PM TGIF Stretch ZOOM Katonya		
7PM	6:30PM - 9:30PM Simply Social Dance	6:30PM - 7:20PM Moving Experience Adults with disabilities Silinea/Allison	6PM - 8:30PM Belly Dance	5:30PM African 6:30PM Modern	6PM - 8:30PM Dance Empire Adults with disabilities		
8PM	Lisa Skates 201 694 7087 lisa@simplysocialdance.com	6:30PM - 7:30PM Salsa 201-707-0999 gloriasparrots@gmail.com	Gomathi Manoj 513 448 8820 snkusa.nj@gmail.com *DOWNSTAIRS Amira Mor 201 240 6860 info@amiramor.com	7:30PM - 8:20PM Hip Hop Ages 8 - Adult Jayren	Fred Kaps 201 370 8193 fredkaps61@gmail.com		
		6:30PM - 7:30PM Sasha Line Dancing Adults - Seniors, w Sasha Macc					
		7:45PM-8:30PM Sahaja Yoga Meditation Ayush Jain 857 891 2001					