



CENTER FOR MODERN DANCE EDUCATION

FALL 2022

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

- In person. Starts October 1
- ZOOM. Starts September 8
- Independently run program. Use contact listed

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9AM							8:30AM - 1:30PM Space in use
10AM	9:30AM - 11AM Dancing Work Out <i>Adults - Seniors</i> Claire Porter	10AM - 10:50AM "Strive" <i>Adults with disabilities</i> Amanda	9:30AM - 11AM Dancing Work Out <i>Adults - Seniors</i> Claire Porter		9:30AM - 11AM Dancing Work Out <i>Adults - Seniors</i> Claire Porter	10AM - 10:50AM Family Dance <i>Toddlers, siblings & parents</i> Allison	
11AM						11AM - 12:30PM Modern Dance <i>Adults</i> Elissa & guests	
12PM		11:30AM - 12:30PM Modern Dancercise <i>Adults - Seniors</i> Elissa	11:30AM - 12:10PM Gentle Yoga ZOOM Elissa	11:30AM - 12:10PM Stretch & Movement ZOOM Katonya			
1PM						1PM - 2PM Moving Experience <i>Adults w disabilities 10-20's</i> Amanda/Kalena	
2PM						2PM - 4PM Workshops, rehearsals and meetings	2PM - 3PM Multigen. African Dance and Drum Yahya
3PM							3PM - 3:30PM Drumming Yahya
4PM				3:30PM - 4:20PM Gentle Yoga <i>Adults - Seniors</i> Elissa	THURSDAYS 4PM - 8:30PM Simply Social Dance Lisa Skates 201 694 7087 lisa@simplysocialdance.com		
5PM		4:30PM - 5:20PM Drop in and Dance <i>Ages 3-7</i> Allison		4:30PM - 5:20PM Creative African Dance <i>Ages 4-12</i> Yahya			
6PM	5:30PM - 6:10PM Latin Fusion ZOOM Allison	5:30PM - 6:20PM Drop in and Dance <i>Ages 7-14</i> Allison	5:30PM - 9PM Indian Dance	5:30PM - 7:20PM Afro-Modern Company <i>Ages 12-21</i> Yahya	5:30PM - 6:10PM TGIF Yoga ZOOM Silinea		
7PM	6:30PM - 9:30PM Simply Social Dance Lisa Skates 201 694 7087 lisa@simplysocialdance.com	6:30PM - 7:20PM Moving Experience <i>Adults with disabilities</i> Silinea/Allison	ZOOM Gomathi Manoj 513 448 8820 snkusa.nj@gmail.com *DOWNSTAIRS	6:30PM Mixed level 7:30PM Advanced level Belly Dance	6PM - 8:30PM Dance Empire <i>Adults with disabilities</i> Fred Kaps 201 370 8193 fredkaps61@gmail.com		
8PM		7:30PM - 8:20PM Modern Dance <i>Teen - Adult</i>	Amira Mor 201 240 6860 info@amiramor.com	7:30PM - 8:20PM Hip Hop <i>Ages 8 - Adult</i> Jayren			