



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