



CENTER FOR MODERN DANCE EDUCATION

WINTER-SPRING 2023

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 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		
11AM						11AM - 12:30PM Modern Dance Adults Elissa & guests	
12PM	12PM - 2PM Rehearsals: From Play to Stage Seniors Claire & Elissa	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	12PM - 2PM Rehearsals: From Play to Stage Seniors Claire & Elissa		
1PM						1PM - 2PM Moving Experience Adults w disabilities 10-20's Amanda/Kalena	
2PM						2PM - 4PM Workshops, rehearsals and meetings	2PM - 3PM Multigen. African Dance and Drum Yahya
3PM					THURSDAYS 4PM - 8:30PM Simply Social Dance		3PM - 3:30PM Drumming Yahya
4PM					Lisa Skates 201 694 7087 lisa@simplysocialdance.com		
5PM		4:30PM - 5:20PM Drop in and Dance Ages 3-7 Allison		4:30PM - 5:20PM Creative African Dance Ages 4-12 Yahya			
6PM	6PM - 6:40PM Latin Fusion with Allison ZOOM	5:30PM - 6:20PM Drop in and Dance Ages 7-14 Allison	5:30PM - 9PM Indian Dance	5:30PM - 7:20PM Afro-Modern Company Ages 12-21 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 Adults with disabilities Silinea/Allison	6:30PM Mixed level 7:30PM Advanced level Belly Dance Gomathi Manoj 513 448 8820 snkusa.nj@gmail.com *DOWNSTAIRS	7:30PM - 8:20PM Hip Hop Ages 8 - Adult Jayren	6PM - 8:30PM Dance Empire Adults with disabilities Fred Kaps 201 370 8193 fredkaps61@gmail.com		
8PM		7:30PM - 8:20PM Modern Dance Teen - Adult	Amira Mor 201 240 6860 info@amiramor.com				