



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