

# Center for Modern Dance Education Spring Schedule April 5-June 7,2025

[www.cmde.org](http://www.cmde.org) 201-342-2989 [info@cmde.org](mailto:info@cmde.org)

**New! Spring Special 8-week session Adults \$140 / Seniors \$125 / Kids \$40 /**

**Drop in price Adults \$20 / Seniors \$17/ Kids \$7.00**

**All classes inclusive of individuals with disabilities. Scholarships are available for economically challenged.**

***Italicized for independently run programs. Use contact listed for info and exact times***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p><b>9:30-11:00am</b> Dancing Work Out Adults- Seniors <b>Claire</b></p> <p><i>11am-2pm</i> <i>Call Us Clowns</i></p> <p><i>5:00-8:30pm</i> <i>Simply Social Dance</i> <i>Lisa Skates</i> <i>201-694-7087</i> <a href="mailto:lisa@simplysocialdancing.com">lisa@simplysocialdancing.com</a></p> <p><i>6:30-9:30pm</i> <i>Salsa!</i> <i>Jon Rodriguez</i> <i>"Pina"</i> <a href="mailto:gloriasparrots@gmail.com">gloriasparrots@gmail.com</a> <i>201-707-0999</i></p>	<p><i>8:30am-1:00pm</i> <i>Lisa Skates</i></p> <p><b>11:30am-12:30pm</b> Modern Dancercise Adults-Seniors <b>Elissa</b></p> <p><i>1:00-3:00pm<sup>3rd Tues</sup></i> <i>Call Us Clowns</i></p> <p><b>5:30-6:20</b> Tiny Twirlers Class <b>Alli / Amanda</b> Ages 2-6yrs</p> <p><b>Zoom &amp; in person</b></p> <p><b>6:30-7:20pm</b> Moving Experience Dance Class <b>Alli / Amanda</b> Teens -Adults with disabilities</p> <p><b>7:30-8:20pm</b> HipHop <b>Jayren</b> Teen-Adult</p>	<p><b>9:30-11:00am</b> Dancing Work Out Adults- Seniors <b>Claire</b></p> <p><b>11:30-12:10</b> Zoom Gentle Yoga <b>Elissa</b></p> <p><i>5:00-9:00pm</i> <i>Indian Dance</i> <i>Gomathi Manoj</i> <i>513-448-8820</i> <a href="mailto:snkusa.nj@gmail.com">snkusa.nj@gmail.com</a></p> <p><i>6:00-8:30pm</i> <i>Belly Dance</i> <i>Amira Mor</i> <i>201-240-6860</i> <a href="mailto:info@amiramor.com">info@amiramor.com</a></p>	<p><i>10:00-1:00</i> <i>Lisa Skates</i></p> <p><b>3:30-4:20pm</b> Tai Chi <b>Barry</b> Adult-Senior</p> <p><b>4:30-5:20</b> Creative African Dance <b>Yahaya</b> Ages 4-12</p> <p><b>5:30-7:20pm</b> <b>Afro-Modern Co*</b> 8-18 yrs <b>*5:30-6:20</b> African <b>Yahaya</b> <b>*6:30-7:20</b> Modern <b>Alli</b> <b>7:30-8:20</b> Hip Hop <b>Sasha</b> Ages 8-18yrs</p> <p><b>8:30-9:20</b> R&amp;B Dance Class <b>Sasha</b> Adult</p> <p><i>Salsa!</i> <i>Jon Rodriguez "Pina"</i> <a href="mailto:gloriasparrots@gmail.com">gloriasparrots@gmail.com</a> <i>m</i> <i>201-707-0999</i></p>	<p><b>9:30-11:00am</b> Dancing Work Out Adults-Seniors <b>Claire</b></p> <p><b>Special Events</b></p>	<p><b>9:00am-10:00am</b> Dance Fusion <b>Lateefah</b></p> <p><i>10:00am-11:15am</i> <i>Woman's Dance</i> <i>Lisa Skates</i> <i>201-694-7087</i> <i>lisa@simplysocialdancing.com</i> <i>(downstairs studio)</i></p> <p><i>10:am-11:00am</i> <i>Christina</i></p> <p><b>11:00-12:30</b> Modern Dance Adults-Seniors <b>Elissa</b></p> <p><b>2:00-4:30</b> <b>Workshops</b> <b>rehearsals and meetings</b></p> <p><i>Simply Social Dance</i> <i>Lisa Skates</i> <i>201-694-7087</i> <i>lisa@simplysocialdancing.com</i></p> <p><i>5:00 PM-9:30PM</i> <i>Sahaja Yoga Meditation</i> <i>Ayush Jain</i> <i>857 891 2001</i></p>	<p><b>Multi-Generational African Dance</b> <b>2:00-3:00pm</b> <b>Zoom &amp; in person</b></p> <p><b>*3:00-3:30pm</b> Drumming Ages 7-70 + *Kids 7 yrs or younger may participate with a grownup <b>Yahaya</b></p>



# Center for Modern Dance Education

---

Where *Dance* is for *Everyone!*



First Class  
is  
Free!

*Variety of affordable  
classes for ages 3 to 93!*

---

**ONGOING ENROLLMENT  
CONTACT US TODAY!**

84 Euclid Avenue, Hackensack, NJ 07601  
201-342-2989 • [www.cmde.org](http://www.cmde.org)

---



New Jersey State Council on  
the Arts  
Division of Excellence

