

Center for Modern Dance Education Winter & Spring Jan 5th – June 7th Schedule '26

Unless otherwise noted all classes are co-ed, multi-level and inclusive of people with disabilities. Adult classes are for ages 16+up.

Italicized black ink listings are non-CMDE programs contact individual teacher or program directly

Adults \$20 per class, Seniors & people with disabilities \$17 per class, Youth \$7 per class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>9:30am-11:00am Dancing Work Out Adults- Seniors Claire Porter</p> <hr/> <p>11am-2pm Call Us Clowns info@callusclowns.org</p> <hr/> <p>5:30-9:30pm Simply Social Dance Lisa Skates 201-694-7087 Lisa@ simplysocialdancing.com</p> <hr/> <p>6:30-10:00pm Salsa! Jon Rodriguez "Pina" gloriasparrots@gmail.com 201-707-0999</p>	<p><i>Strive 10am-11am</i> <i>1st & 3rd Tues. of every month</i></p> <hr/> <p>Call us Clowns 1-3pm, every 3rd Tues. info@callusclowns.org</p> <hr/> <p>5:30-6:20pm Tiny Twirlers Ages 2- 7 Studio A Allie</p> <hr/> <p>5:30pm- 6:20pm Beginner Ballet Ages 8-18 Studio B (downstairs) Silinea</p> <hr/> <p>6:30-7:20pm Moving Experience Dance Company, MEDC Teens & Adults with disabilities in person & Zoom Allie & Silinea</p> <hr/> <p>6:30pm- 7:20pm Youth Hip Hop & Step Ages 8-18 Studio B (downstairs) Sasha</p> <hr/> <p>Ballet Basics for Every Body 7:30pm-8:20pm Silinea</p> <hr/> <p><i>Christine Private sessions</i> <i>7:45-9:00pm Studio B</i></p>	<p>9:30am-11:00am Dancing Work Out Adults-Seniors Claire Porter</p> <hr/> <p>Starting March, 2026</p> <p>12:00pm-12:45pm Yoga & Pilates Flow in person & Zoom Lateefah</p> <hr/> <p>5:00-9:00pm Indian Dance Gomathi Manoj 513-448-8820 Snkusa.nj@gmail.com</p> <hr/> <p>6:00pm-7:30pm Belly Dance Amira Mor 201-240-6860 info@amiramor.com Please contact Amira to register for this class</p> <hr/> <p>7:45-8:45pm LJ's Body & Soul ljlopata@gmail.com</p>	<p>3:30pm-4:20pm Tai Chi Adults-Seniors Barry</p> <hr/> <p>4:30pm-5:20pm Creative African Dance Yahaya Ages 4-12</p> <hr/> <p>Afro-Modern Company Yahaya & Allie Ages 12-21 Jr. Co Members Ages *7- 11</p> <p>African 5:30-6:20pm Modern 6:30-7:20pm</p> <hr/> <p>7:30-8:20pm Hip Hop Ages 16-Adults Sasha</p> <hr/> <p>7:00pm- 10:00Salsa! Jon Rodriguez "Pina" gloriasparrots@gmail.com com 201-707-0999</p>	<p>9:30am-11:00am Dancing Work Out Adults-Seniors Claire Porter</p> <hr/> <p>Starting April 2026, Every third Friday, Line Dance Party! 6:00pm-7:30pm Sasha</p> <hr/> <p><i>Elie Private</i> <i>Sessions 7-9pm</i></p>	<p>10:00am-11:00am Dance Fusion Lab</p> <p>Lateefah</p> <hr/> <p>10:00am-11:15am (No 5th Sat.) Women's Exercise & Dance Lisa 201-694-7087 Lisa@ simplysocialdancing.com</p> <hr/> <p>11:00am-11:50pm MEDC Moving Modern In person & Zoom Beginner, Adults Allie</p> <hr/> <p>12:00-1:20pm Modern Dance Adults- Seniors Elissa</p> <hr/> <p>5:00pm-9:30pm Sahaja Yoga Meditation 857-891-2001 percy1982@gmail.com</p>	<p>-----</p> <p>2:00pm-3:00pm Multi- Generational* African Dance In person & Zoom Yahaya</p> <hr/> <p>3:00pm-3:30pm Drumming* In person & Zoom Yahaya</p> <p>*Kids under 8 yrs may participate with a grown-up</p>

84 Euclid Avenue, Hackensack NJ 07601 / 201-342-2989 / info@cmde.org /
www.cmde.org

Tuition & Payment Winter & Spring Information 2026

- Pay by cash, check, or credit card in office or go online to <https://cmde.org/registration/>
 - If paying by check, make it out to CMDE. Tuition is non-refundable. Credit will be given for illness or injury.
- Single class - \$20 adults or \$17 seniors & people with disabilities
 - 3 month tuition for adults \$180 or \$360 for Jan-June.
 - Seniors & adults with disabilities \$170 for 3 month tuition or \$340 for Jan-June
- All Youth classes are \$7 or \$160 for Winter & June Semester
- **Zoom** classes are by donation (you can use the PayPal QR code to make a donation)
- For info call 201-342-2989 or email us at info@cmde.org.
- Find CMDE on the MindBody Fitness app!



Everybody is welcome! Founded as a nonprofit dance center in 1962, CMDE is an inclusive, diverse oasis for non competitive artistic engagement. Recipient of a 2017 Arts Award for Excellence from the Bergen County Division of Cultural & Historic Affairs and a 2016 NJ Cultural Access Network Project Innovator Award, and a Current Recipient of a Citation of



Last updated: 1/6/2026

Excellence from the NJ State Council on the Arts. Designated in 2014 as a Peace Site by the NJ Peace Coalition for promoting unity in the community through dance.