

## ADULT CLASSES at Essex Dance Theatre

### MONDAY

| TIME          | Studio 1                                 | Detail  | Cost  | Contact  |
|---------------|--|---|---|--|
| 9.30 - 11.00  | <b>Tutor: Paul Brown</b><br>Iyengar Yoga | General Level Iyengar yoga class for those who have 2/3+ years experience who wish to deepen their understanding and practice Iyengar yoga class suitable for beginners and those with a little experience. | £7 per week if paid in a half term block or £9 weekly | <a href="mailto:paulbrownvoga@hotmail.co.uk">paulbrownvoga@hotmail.co.uk</a> |
| 11.15 - 12.45 | Iyengar Yoga                             | Iyengar yoga class suitable for beginners and those with a little experience.   | £7 per week if paid in a half term block or £9 weekly |  |

| TIME         | Studio 2  | Detail  | Cost                                 | Contact  |
|--------------|---|---|--------------------------------------|--|
| 9.30 - 10.30 | <b>Tutor: Clare Hester</b><br>Parent and Toddler Movement | Come along & have a try   | £5 a week                            | <a href="mailto:clarehester@tiscali.co.uk">clarehester@tiscali.co.uk</a> |
| 6.00 - 7.00  | <b>Tutor: Nicola Hollas</b><br>Iyengar Yoga               | A small Iyengar yoga class suitable for beginners                             | £7 a week paid in a half term block. | <a href="mailto:nihollas@gmail.com">nihollas@gmail.com</a>               |
| 7.15 - 8.45  | Iyengar Yoga  | Iyengar yoga class suitable for beginners and those with a little experience. | £8 a week paid in a half term block. |  |

### TUESDAY

| TIME         | Studio 1   | Detail  | Cost                        | Contact  |
|--------------|--|---|-----------------------------|--|
| 9.45 - 10.45 | <b>Tutor: Ellie Meadows</b><br>Exercise with Ellie<br>Over 50's exercise class | A Class designed specifically for the over 50's, working on flexibility, strength, posture & balance together with overall fitness. Fun, friendly class suitable for all abilities  | £5 per class. Pay as you go | <a href="mailto:moosgirl@gmail.com">moosgirl@gmail.com</a><br>07742 772439               |
| 8.00 - 9.00  | <b>Tutor: Debbie Holme</b><br>Adult Ballet                                     | Whether you did ballet in your youth and want to take it up again, or if you just fancy trying something new, everyone is welcome to the adult ballet class! A great way to improve posture, fitness and flexibility in a relaxed and fun class environment. Your first class is free and then it's £5 per class, on a pay-as-you-go basis. Come along and give it a try! | £5 per class. Pay as you go | <a href="mailto:debbie.holme@essex.gov.uk">debbie.holme@essex.gov.uk</a><br>01245 476335 |

| TIME          | Studio 2  | Detail   | Cost  | Contact  |
|---------------|---|--|---|--|
| 11.00 - 12.30 | <b>Tutor: Nicola Hollas</b><br>Iyengar Yoga     | Iyengar yoga class suitable for all abilities  | £8 a week paid in a half term block.                    | <a href="mailto:nihollas@gmail.com">nihollas@gmail.com</a>                       |
| 7.30 - 9.00   | <b>Tutor: Christine Terry</b><br>Adult Keep Fit | Keep Fit Association course, during which exercises and movements are taught to maintain or improve fitness. Routines are built up over 2/3 weeks & concludes with safe floor exercises. Please change from outside shoes to Jazz shoes or trainers, bring a towel or floor mat. | £6 per session payable Termly.<br>£60 for Ten Week Term | <a href="mailto:ct1941@googlemail.com">ct1941@googlemail.com</a><br>01245 473910 |

### WEDNESDAY

| TIME        | Studio 2                                    | Detail  | Cost                        | Contact  |
|-------------|---|---|-----------------------------|--|
| 7.00 - 8.30 | <b>Tutor: David Redwood</b><br>Soluna Dance | David is a qualified American Tribal Style Bellydance teacher. He is also the first male teacher to qualify for his Brother studio status in the U.K. and Europe. Which is part of the Fat Chance Bellydance Studio in San Francisco.<br><br>He teaches beginners intermediate and advanced students. This style of dance is so much fun and addictive from the start. There are to types of dance, the the haunting beauty of the slow vocabulary and the joyful and energetic fast. | £7.50 for an hours tuition. | <a href="mailto:davidredwood@rocketmail.com">davidredwood@rocketmail.com</a> |

### THURSDAY

| TIME         | Studio 1                                 | Detail  | Cost  | Contact  |
|--------------|--|---|---|--|
| 9.30 - 11.15 | <b>Tutor: Paul Brown</b><br>Iyengar Yoga | General/Intermediate level Iyengar yoga class, working on depth on the introductory syllabus and introducing work from the intermediate Syllabi.  | £9 per week if paid in a half term block or £11 weekly  | <a href="mailto:paulbrownvoga@hotmail.co.uk">paulbrownvoga@hotmail.co.uk</a> |
| 7.30 - 9.30  | <b>Tutor: Paul Brown</b><br>Iyengar Yoga | Intermediate Iyengar yoga class suitable for those with 3+ years experience of yoga.<br>The aim of the session is to practice and deepen understanding of Asana and Pranayama from both introductory and Intermediate Junior Syllabi. | £11 per week if paid in a half term block or £13 weekly | <a href="mailto:paulbrownvoga@hotmail.co.uk">paulbrownvoga@hotmail.co.uk</a> |
| 8.00 - 9.00  | <b>Tutor: Kim Bradshaw</b><br>Adult Tap  | A fun friendly Adult Tap Class suitable for all abilities. No experience necessary. Come along & have a try   | £5 per class. Pay as you go.                            | <a href="mailto:kimwinfield14@gmail.com">kimwinfield14@gmail.com</a>         |