

## **Adult Dance and Fitness Classes at Kinetics Dance Theatre**

### **Howard County Recreation and Parks**

**Please contact HCRP at 410-313-PARK to register for the following classes:**

#### **Beginning Adult Hip Hop**

Tuesday, 8:00-9:00

#### **Beginning Adult Ballet**

Thursday, 7:00-8:00 pm

#### **Barre Core**

Monday, 9:45-10:45 am

Tuesday, 5:45-6:45 pm

#### **Rockin' Dance Fitness and Powerful Abs**

Wednesday, 6:15-7:30 pm

#### **Beginning Belly Dance I**

Wednesday, 7:30-8:30 pm

#### **Hatha Yoga**

Tuesday, 9:45 – 11:00 am

Thursday, 8:30 – 9:30 pm

#### **Dance Fitness to the Oldies**

Friday, 9:30-10:30 am

#### **SPRING SESSION**

#### **Beginning Belly Dance I**

Wednesdays, 7:30-8:30

Wednesdays, 8:30-9:30