

**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 I Tap

Monday, 8:15-9:15 pm

Beginning Adult Hip Hop

Tuesday, 8:00-9:00

Beginning Adult Ballet

Thursday, 7:15-8:15 pm

Beginning Adult Jazz

Thursday, 8:15-9:15 pm

Barre Core

Tuesday, 5:45-6:45 pm

Wednesday, 9:45-10:45 am

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