



519 OLD WESTMINSTER PIKE, SUITE 4, WESTMINSTER, MD 21157
443.821.3125 | WWW.PROJECTCSTUDIOS.COM

Adult Classes

Project C offers both technique and fitness focused classes for recreational, college, and professional level adults – available at special rates and discounted packages.

COLLEGE & PROFESSIONAL LEVEL DANCERS | All Level 5 classes on our regular season weekly schedule are taught to a level equivalent to that of an intermediate technique class in a BA/BFA college program. These classes are led by highly qualified teaching artist who are currently working/choreographing/performing professionally, and carry undergraduate or graduate degrees in the field, or equivalent professional experience. Any of the classes listed below are perfect supplemental classes for area college students, as well as local professionals looking for opportunities to continue their practice.

RECREATIONAL & FITNESS-FOCUSED ADULTS | Project C offers both Conditioning and Yoga Sculpt. Our Open Conditioning class is for dancers and non-dancers alike, with individualized and focused training and feedback to gain greater strength, balance, tone, flexibility, range of motion, stability, endurance, and agility utilizing body-weight and simple in-house equipment. Our Yoga Sculpt class is specifically for adults ages 18 and over and combines the centering and mobilizing flow and poses of Yoga with area-targeted sculpting exercises to develop lean muscle mass, while linking breath and movement to tone the full body. Both classes are ideal for anyone looking to get healthy, stay healthy, and develop a solid practice of making time to care for themselves.

Drop In Rate | REG \$17 PER HOUR | College Student Discount \$15 PER HOUR |

5 Class Package | REG \$75 | College Student Discount \$60 |

10 Class Package | REG \$125 | College Student Discount \$100 |

Want to pay monthly? Our Standard Tuition Rates Apply | Take 2 or more classes and receive a 10% discount on your monthly rate!

Class Packages are available to anyone 18+. Can be applied to any regularly scheduled class. 5 class packages must be used by the end of the semester in which it was purchased – Fall Semester ends January 19th, Spring Semester ends Saturday, June 8th. 10 and 15 Class packages must be used by the end of the full season – Saturday, June 8th.

2018-2019 WEEKLY SCHEDULED CLASSES APPROPRIATE FOR ADULTS

Monday	Tuesday	Thursday
3:45-5:15pm Jazz Level 5 Laurie Dodge STUDIO 1	4-5:30pm Contemporary Modern Level 5 Jen Graham BLACKBOX	4-5:30pm Contemporary Modern Level 5 Jen Graham BLACKBOX
	5:30-7pm Ballet Level 5 Emily Runkle STUDIO 2	5:30-7pm Ballet Level 5 Emily Runkle STUDIO 2
	7-8pm Adv Pointe Emily Runkle STUDIO 2	7-8pm Adv Pointe Emily Runkle STUDIO 2
	8-9pm OPEN Conditioning Jen Graham BLACKBOX	8-9pm Yoga Sculpt Michele Dean STUDIO 1
		8-9:15pm Adv Improv & Creative Process Jen Graham BLACKBOX

PRIVATE COACHING AVAILABLE

Project C offers individualized sessions and small group lessons upon request in the areas of:

- Somatic movement repatterning for pain reduction or maximizing movement efficiency*
- Functional movement training*
- Performance coaching*
- Technical coaching
- Artist development
- Health coaching
- Dance, yoga, and/or movement work

*with Certified Laban/Bartenieff Movement Analyst

For inquiry, email JEN@PROJECTCSTUDIOS.COM