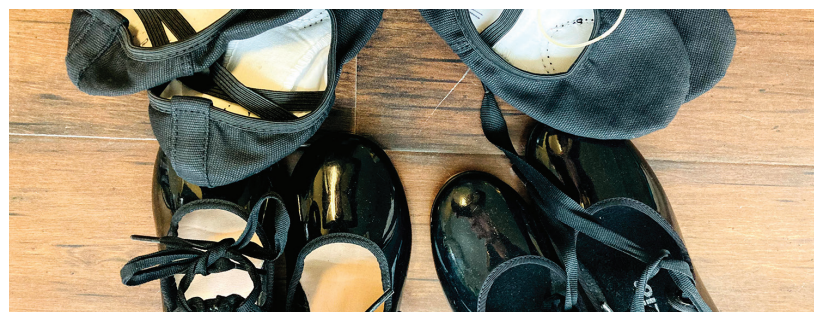


## DANCE & FITNESS SCHEDULE

MONDAY AUG 30 - DEC 13 (no Mon. September 6)			TUESDAY AUG 31 - DEC 14 (no Tues. November 23)			WEDNESDAY SEP 1 - DEC 15 (no Wed. November 24)		
MATTHEW P FIGGIE STUDIO	LIBBY LUBINGER STUDIO	STUDIO D	MATTHEW P FIGGIE STUDIO	LIBBY LUBINGER STUDIO	STUDIO D	MATTHEW P FIGGIE STUDIO	LIBBY LUBINGER STUDIO	STUDIO D
<b>Hip Hop</b> (Int/Adv) 7-9 years 4:15-5:15pm Rosinski	<b>Ballet 7</b> 4:45-6:15pm Shepard	<b>Itty Bitty Ballet</b> 3:45-4:30pm Kelbach	<b>Kinderdance</b> 2-3yrs 10-10:45am Moodie		<b>Yoga I</b> 9:30-10:30am Kelbach	<b>Community Connections Dance &amp; Art Homeschool Program</b> 9:30am-1pm September 8 - November 17 \$275.00	<b>Yoga II</b> 9:30-10:30am Kelbach	
<b>Hip Hop</b> (Int/Adv) 9-12 years 5:15-6:15pm Rosinski	<b>Jazz 7</b> 6:15-7:15pm Shepard	<b>Ballet 6</b> 4:45-6:15pm Lindhout	<b>Adult Tap</b> (Int/Adv) 11am-12pm Moodie	<b>Kinderdance</b> 3-4yrs 3:30-4:15pm Moodie	<b>Family Yoga/ Creative Movement</b> 11-11:45am Kelbach			
<b>Hip Hop</b> ALL Ages Crew 6:15-7:30pm Rosinski	<b>Tap 6/7</b> 7:15-8:15pm Lindhout	<b>Jazz 6</b> 6:15-7:15pm Lindhout	<b>Adult Tap</b> (Beg/Int) 12-1pm Moodie	<b>Kinderdance</b> 4-5yrs 4:15-5pm Moodie	<b>Ballet 4B</b> 4:45-6:15pm Liu	<b>Ballet 7</b> 4:45-6:15pm Shepard	<b>Ballet 6</b> 4:45-6:15pm Webb	<b>Ballet 1</b> 4:45-5:45pm Fairmount Faculty
<b>Hip Hop</b> (Int/Adv) 13-18 years 7:30-8:30pm Rosinski		<b>Adult Ballet</b> 15yrs and up 7:15-8:15pm Shepard	<b>Ballet 4A</b> 4:45-6:15pm Dietz	<b>Ballet 3</b> 5-6pm Webb	<b>Ballet 5</b> 6:15-7:45pm Liu	<b>Contemp 6</b> 6:15-7:15pm Shepard	<b>Ballet Pointe 7</b> 6:15-7:15pm Webb	<b>Jazz 1/2</b> 5:45-6:45pm Fairmount Faculty
			<b>Jazz 4</b> 6:15-7:15pm Dietz	<b>Jazz 3</b> 6-7pm Webb	<b>Contemp 5</b> 7:45-8:45pm Liu	<b>Contemp 7</b> 7:15-8:15pm Shepard	<b>Ballet Pointe 6</b> 7:15-8:15pm Webb	<b>Ballet 2</b> 6:45-7:45pm Fairmount Faculty
			<b>Pre-Pointe 4</b> 7:15-8:00pm Dietz	<b>Teen Ballet</b> 10-14yrs 7-8pm Webb				

## DANCE & FITNESS SCHEDULE

THURSDAY SEP 2 - DEC 16 (no Thursday, Nov. 25)			FRIDAY SEP 3 - DEC 17 (no Friday, Nov. 26)			SATURDAY SEP 11 - DEC 18 (no Saturday, Nov. 27)		
MATTHEW P FIGGIE STUDIO	LIBBY LUBINGER STUDIO	STUDIO D	MATTHEW P FIGGIE STUDIO	LIBBY LUBINGER STUDIO	STUDIO D	MATTHEW P FIGGIE STUDIO	LIBBY LUBINGER STUDIO	STUDIO D
<b>Barre Fitness</b> 11am-12pm Kelbach		<b>Yoga (Online)</b> 9:30-10:30am Kelbach	<b>Kinder Dance</b> 2-3yrs 10:15-11am Moodie		<b>Hip Hop</b> (Beg) 5-7 years 4:15-5pm Rosinski			<b>FDC Jr</b> 9:30-11:30am Liu
		<b>Tap 4/5</b> 4:30-5:15pm Lindhout	<b>Kinder Dance</b> 3-4yrs 11:15am-12pm Moodie	<b>Barre Fitness</b> 11:15-12pm Kelbach <b>Parents: Work out while your child is dancing!</b>	<b>Hip Hop</b> (Beg) 7-9 years 5-6pm Rosinski			<b>FDC</b> 10:30am-12:30pm Webb
<b>Ballet 4A</b> 4:45-6:15pm Fairmount Faculty	<b>Ballet 4B</b> 4:45-6:15pm Dietz	<b>Jazz 5</b> 5:15-6:15pm Lindhout	<b>Kinder Dance</b> 4-5yrs 12-12:45pm Moodie	<b>Line Dancing</b> 1-2pm Kelbach	<b>Hip Hop</b> (Beg) 9-13 years 6-7pm Rosinski			
<b>Ballet 5</b> 6:15-7:15pm Dietz	<b>Tap 1/2/3</b> 6:15-7pm Moodie	<b>Contemp 4</b> 6:15-7:15pm Fairmount Faculty			<b>Adult Hip Hop</b> 18yrs and up 7-7:45pm Rosinski	<b>SUNDAY SEP 12 - DEC 19 (no Sunday, Nov. 28)</b>		
<b>Spanish Dance Company</b> 7:30-9pm Bohl	<b>Pointe 5</b> 7:15-8:15pm Dietz	<b>Adult Tap</b> 15yrs and up (Beg/Int) 7-8pm Moodie				<b>MATTHEW P FIGGIE STUDIO</b>	<b>LIBBY LUBINGER STUDIO</b>	<b>STUDIO D</b>
						<b>Spanish Dance Class</b> 3:30-5:30pm Bohl		



### Dance attire... what to wear?

Visit [FairmountCenter.org/dance](http://FairmountCenter.org/dance) for more information!

### Fun facts... did you know?

- Ballet originated in Italy in the 15th century.
- The top portion (called the "box") of pointe shoes is a rigid casing made of densely packed layers of fabric and cardboard hardened by glue.
- Women were not allowed to dance in public until 1681, so they couldn't join the ballet! Males danced all the female roles since females weren't allowed. Bring the boys in to dance!
- Most professional dancers wear out two to three pointe shoes a week. Some dancers go through the same amount in a single performance!
- The amount of energy needed to perform a ballet is about the same as playing two full football matches or running 18 miles.

