

Adult Dance

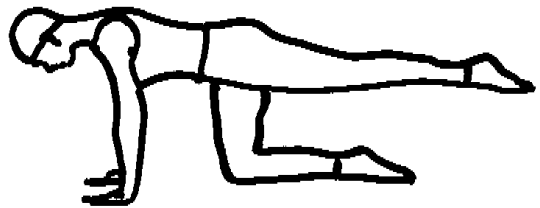
Core Conditioning *Tuesdays 8:00-9:00PM*

Offered to all girls, boys, men and women, this class will concentrate on stretching and core condition to help you improve your flexibility and build strong muscle tone.

Ages 11+

Cost: \$45

Held at the Goochland County Sports Complex, Dance Studio.



Adult Tap, Jazz & Ballet

Tuesdays 7:00-8:00PM

Learn basic to advanced levels of ballet, jazz and tap while learning different rhythms and performing as a group.

Ages 18+

Held at the Goochland County Sports Complex, Dance Studio.

Cost: \$45



Registration deadline is one week prior to the start of class. New sessions start monthly. For more information please contact the Parks & Recreation Department at 556-5854

