

White Mountain

DANCE STUDIO



Class Formats

DANCE

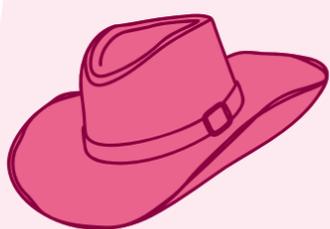


Ballet

Ballet class will help you feel graceful and elegant, while improving your posture & balance. We follow a typical ballet class format, including barre and center exercises. We will leap, pirouette, plié, and everything in between, helping you live your real-life ballerina dreams.

Ballroom

Our Ballroom classes focus on the social American ballroom styles, including waltz, tango, foxtrot, Viennese waltz, cha cha, rumba, and east coast swing. Ballroom is very beginner friendly, with a wide variety of music genres, and dances that fit well on both small and large dance floors. Ballroom is perfect for weddings, or to jumpstart your social dance journey.



Country Swing

Country Swing is a popular choice for showy yet easy to learn dance moves. It's perfect for going out to a country bar or preparing to dance at a wedding. This is a great starter dance before jumping into country two step or west coast swing. Expect lots of twirls and dips in this class.

Country Two Step

Country Two Step is a classic, must learn dance for any aspiring country dancer. This is a traveling dance with lots of spins and a quick tempo, danced to some of your favorite country tunes. It's perfect for country bars, dance halls, rodeos, and more!



Tap Dance

Tap dance is a fun class to improve your sense of rhythm and musicality while also increasing your lower leg strength & balance. We'll work on basic tap skills in this class, including technique exercises & short choreography combos.

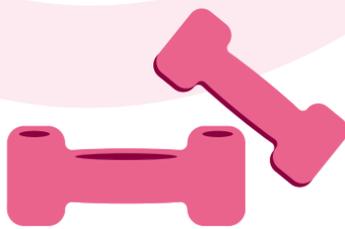
West Coast Swing

Its roots are in Lindy Hop, but nowadays it's danced to R&B, pop, country & more! West Coast Swing is an improv based dance, so you'll have lots of room for creative expression. It's the perfect dance for small spaces, lots of music genres and tempos, and not too many spins.



FITNESS

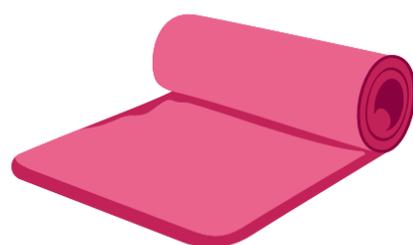
Barre Fitness



Barre is a full body workout that follows the beat of the music. Class is a blend of pilates, strength, yoga, and ballet movements, designed to help you work on strength & endurance from head to toe. We use a mix of props, like dumbbells, core balls, and resistance bands, to craft creative and fun classes that leave you shaking & wanting more!

Yoga

Our yoga classes are a blend of hatha, vinyasa, and yin styles. You can expect to see improvements in your balance, core strength, flexibility, and mobility with these classes. With a gentle emphasis on the breath, you will leave our yoga classes feeling better than when you walked in! It's perfect to help you unwind, destress, and find some zen in a chaotic life.



Strength & Sweat



This is a circuit style class led by our in-house personal trainer. Class will be a mix of foundational fitness movements, like lunges, rows, and pushups. Guided by a personal trainer, you will improve your form & alignment, and see progress in your fitness baseline, like increased strength, improved range of motion, and more. This class is designed to help you get personal training results without the price tag of one-on-one training.