



A LIFETIME OF
DANCE

HOME OF THE RED HOT MAMAS • ADULT DANCE CLASSES
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Page 2

Ballet Stretch and strengthen class helps to add grace, build a better posture, and understand the foundation of steps and exercises, created for dance.

There is great joy in dance and you will leave the class feeling energized, accomplished and rejuvenated!

Dance Workout introduces the fundamentals of movement and dance to different genres of music including, 70's and 80's. You will learn simple choreographed routines to work on coordination, memory, and stamina while gently increasing to a cardio workout. There are many modifications to simplify or make more difficult to challenge any dancer. Soft sneakers and weights required.

We are a non-performing studio however, there are performance opportunities for those who are highly committed and love to perform for others!

Our professional tap dance companies continue to rehearse and hope to entertain you soon! There is a budget that can accommodate almost everyone, as well as community service programs.

Please visit our website at www.ALifetimeofDance.com for a full schedule of classes and more information. Classes start Sept 6th, but enrollment is always ongoing.

Call me or text me at any time! I will be happy to answer all your questions or concerns! I am so looking forward, to dancing with you soon! Have a happy, tappy day!

Thank you for your support and desire to share "In the Dance!" You're gonna like it here!!

Sincerely,

Louise Rastu