



Bandshell Schedule September 11, 2010

9 am | Zumba™

A fusion of Latin and international music and dance creating an exciting and fun cardio workout with instructor Wendy Clise.

9:20 am | African Dance

Discover a sense of freedom and joy as instructor Artie Thompson dances to the sound of African Drums, the heartbeat of African Dance.

9:40 am | Zumba™ - the sequel

10 am | Belly Dancing

Learn the mysteries of this body-toning art, while enjoying ancient and modern rhythms with instructor Janine Waldack.

10:30 am | Latin Dance

Add some salsa to your life by learning basic steps, turns and routines of Latin Dances (Mambo, Cha-Cha) with Manny & Carmen Rubio.

11:00 am | Hula Hooping

Put some fun in your workout and tone your body at the same time! Instructor Annette Fragale will demonstrate this fun exercise.

11:30 am | Kettle Bells

Learn from Instructor Barb Swenson how to burn fat, and increase your cardio, flexibility and strength with Kettle Bells.

12 noon | Jazzberries

A touch of tap, a touch of jazz, with this high-energy volunteer dance group from the Hopkins Activity Center.

12:30 pm | Enhanced Fitness®

Instructor Ben Walker will show how stretching, flexibility, low impact aerobics and strength training exercises make a difference.

1:00 pm | Parade

1:30 pm | Social Dance

Instructor Char Torkelson will demonstrate the dances done at social events and show why dancing is fun, and such great exercise!

With special thanks to:

*Community Education Department Hopkins School District,
Hopkins Activity Center, and YMCA Ridgedale*