

# ADULT TAP & BARRE SCULPT WORKSHOP



**Adult Tap & Barre Workshop**  
September 9, 16, 23, 30  
Time: 9:00 – 10:15 am.  
Tuition: \$80.00  
Instructors:  
Venae Ellis & Mary Gucciardo

**Location:**

The Blue Ridge Mountain Arts  
Association  
420 W. Main Street, 2<sup>nd</sup> Floor  
Dance Studio  
Blue Ridge, GA 30513  
706-632-2144  
[www.blueridgearts.net](http://www.blueridgearts.net)

Are you looking to improve your general state of health and well-being?

Meet Venae and Mary at the Barre! Come, have fun, tap your stress away, burn calories, and tone your body.

This workshop series is for individuals who want to learn tap for the first time in a friendly environment, or for those who want a refresher in tap dance. Learn the basics of a variety of tap styles designed to develop rhythm, style, and sound.

Each session also incorporates Barre fitness exercises taken from traditional ballet class, and weight training classes using the Ballet Barre.



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**Call 706-632-2144 for registration & information.**

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#### Adults That

- Are looking to improve their general state of health and well-being.
- Enjoy tap dance, and are looking for a refresher in tap.
- Always wanted to learn tap in a friendly, fun, positive, and supportive class environment.

Tuition: \$80.00 for non-members/ \$72.00 for BRMAA Members

4 class series (total of 5 hours of instruction) of Tap Dance and Barre Sculpt.

Tuition is non-refundable.

**Supply List: Participants must bring tap shoes, exercise mat, and water.**

**Optional\* Dumbbell Weights for toning 1-5 lbs.**

#### Description of the class content and objectives: -

Come, have fun, tap your stress away, burn calories, and tone your body with Venae and Mary!! This workshop series is for individuals who want to learn tap for the first time in a friendly environment, or for those who want a refresher in tap dance. Learn the basics of a variety of tap styles designed to develop rhythm, style, and sound. Each session also incorporates Barre sculpting exercises taken from traditional ballet class, and weight training using the Ballet Barre. As students' progress through each skill level, the curriculum will become increasingly more complex and intricate.

Each student will receive an uplifting warm-up for the major muscle group, invigorating tap movements to increase aerobic power and burn calories, exercises to tone the upper body, lower body, and core, and beautiful closing stretches to further increase alignment, flexibility, and proper posture.

Class session objectives are designed to:

- Build flexibility of the knees and ankles.
- Develop coordination and speed of movement.
- Develop proper tap technique and produce clear tap sounds.
- Increase aerobic power (maximal capacity of the heart, blood, vessels, and lungs to deliver oxygen to the working muscles so that energy can be produced).
- Foster proper body alignment (arrangement in appropriate relative positions).
- Improve balance (equal distribution of weight - strength and flexibility on right and left side of body).
- Increase flexibility (the ability to move joints through their full ranges of motion).
- Increase muscular strength (maximal force a muscle can exert during a contraction).
- Improve muscular endurance (ability of a muscle to exert force over a sustained period of time).
- Develop proper posture (body position when standing or sitting).

\*Definitions are taken from The American Council of Exercise, and the International Ballet Barre Fitness Association.