

MACKids Classes

Ballet I w/Sandra – ages 3-5

Monday at 4pm and Wednesday at 4:45pm (30 minutes)

This 30 minute class is designed to give preschoolers the basics of ballet and modern dance forms.

Ballet II w/Sandra – ages 6-9

Monday at 4:30pm and Wednesday at 5:15pm (30 minutes)

This 30 minute class is designed to give dancers a technical foundation and the basics of ballet and modern dance forms.

MACKids Drumfit level II/III w/Sandra - ages 6-12

Tuesday at 4pm (45 minutes)

DrumFit is a high energy workout that combines cardio, muscle conditioning, balance and flexibility with all the fun of drumming.

MACKids Yoga level II/III w/Sandra ages 6-12

Wednesday 4pm (45 minutes)

In MACKids Yoga the students will be challenged in an exciting, fun environment that combine the simple yoga poses with interactive stories and games while increasing concentration, lung capacity, flexibility and balance.

MACKids Bootcamp level II/III w/Armin ages 6-12

Tuesday and Thursday at 5pm (45 minutes)

This class is a high energy, fun exercise class for kids that will help to increase the overall health and fitness of children in a fun, safe positive environment.

