



## **ViZion Dance International Signature "Sole II Soul" Dance / Fitness Classes**

**(All ages and skill levels are welcomed)**

**S.W.A.G.G.** - "Stunting With A Great God"....Need we say more? Learn fresh moves taught by our dynamic choreographers to the best in inspirational and positive hip hop music!

**Bollywood Break / Salsa** (*with Sissy Simmons*) - Learn traditional Indian ("Bollywood style") or Latin movement paired with breakdance elements for a truly unique international urban experience!

**Tut & Wave** - Learn the fundamentals of the contemporary street styles of "tutting" and "waving" combined with creative choreography!

**KINGDOM KRUMP** (*with Anthony Washington*) - "Free Yourself" in this highly energetic, purpose-filled class featuring the legendary urban art form known as "Krumping". Learn the basics as well as innovative, choreographed hip hop routines infused with "Krump".

**"LIVE!" (Contemporary Jazz with Cassandra Hollis)** - Learn about the need for creative expression/gestures and freedom of movement while learning beautiful, soulful choreography. Take your freedom of self-expression to the next level and "LIVE!"

**Tap and Groove** (*with Vanessa Chisolm*) - "Jazz meets Tap" for an exhilarating praise dance experience! (\*tap shoes recommended but not required)

**"WAVE" (Warfare As a Visual Experience, with Tiffany Leeth)** - Learn exhilarating movement as well as the symbolism and importance of visual aids in enhancing the worship dance experience. Props may include: ribbons, flags, swords or rifles

**Groovology** (*with DeWayne Brown*) - "Get your groove back" in this versatile class that helps you find and own your personal style through syncopated music as well as jazz, modern and contemporary movement!

**EMERGE! (Contemporary Mime with Antoine Watson)** - Let your spirit soar in this exciting class featuring the fundamentals of mime and interpretive/dramatic movement combined with soul stirring, innovative, contemporary choreography

**Obeisance (Contemporary Praise)** - Take your visual "Praise" to the next level while learning beautiful, spirit-filled choreography!!

**Step 'n' Groove** - Ingenious "Greek Stepping" and / or Line Dance choreography paired with smooth and energetic, "feel good" music makes this a class to remember!

**African Dancehall** (*with Brittany Smith*) - Learn traditional, popular and high energy African hip methods, footwork and urban movement taught to exciting urban African "Dance hall" style rhythms!

**Flowology** (*with Kendrick Love*) - Creative self-expression is paired with technical Movement (infused w/Horton, Graham, Dunham, and Lyrical styles) to create a unique and inspirational dance experience.

**Rock & "Roll" (Tumbling with Sissy Simmons)** - Learn the fundamentals and proper technique in tumbling and gymnastics as well as how to incorporate it choreographically in a routine.

**African Praise (African / Contemporary Dance)** - Traditional African dance (with live drums) paired with jazz and lyrical movement for an uplifting, soul energizing experience!

**Hip Hop 2 Fitness** - The latest, highly energetic/ fitness inspired Dance Moves are taught to fun, positive and inspirational music by one of our dynamic choreographers/ certified fitness professionals!

**Zumba Gold (Senior Fit with Tiffany Leeth)** - This cardio-dance party for the "young at heart" allows you to shake it at your own pace with zesty Latin music, like salsa, merengue, cumbia and reggaeton and easy-to-follow moves. Taught by a certified Zumba Gold® professional this program modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It also strives to improve balance, strength, flexibility and most importantly, the heart.