



ALL CLASSES LOCATED @ Terps Dance Centre

11947 Ramah Church Road, Huntersville, NC

(Back left door from parking lot entry)

## October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 6pm-7:30pm – TERPS competition team class	3	4	5 ** NO THURSDAY CLASS**	6	7 ** NO SATURDAY CLASS**
8 **10 AM-11AM – Ultra Barre Standing & Floor Series w/Ultra Abs (ADULT CLASS)	9 6pm-7:30pm – TERPS competition team class	10	11	12 6:30 – 7:15 – Interval/Barre Series 7:15-7:30 – Ultra Abs	13	14 10am – 11:15 – 45 minute Ultra Barre Interval Class (ADULT CLASS) 11:15 – 11:30 – Ultra Abs
15	16 6pm-7:30pm – TERPS competition team class	17	18	19 6:30 – 7:15 – Interval/Barre Series 7:15-7:30 – Ultra Abs	20	21 11:30-12:15 – 45 minute Ultra Barre Interval and Standing Series Mix Class (ADULT CLASS) 12:15-12:30 – Ultra Abs
22 **10 AM-11AM – Ultra Barre Standing & Floor Series w/Ultra Abs (ADULT CLASS)	23 6pm-7:30pm – TERPS competition team class	24	25	26 6:30 – 7:15 – Interval/Barre Series 7:15-7:30 – Ultra Abs	27	28 10:30-11:15 – 45 minute Ultra Barre Interval and Standing Series Mix Class (ADULT CLASS)
29	30 6pm-7:30pm – TERPS competition team class	31	<b>Ultra Barre Class Descriptions**</b>  <b>UB Interval:</b> <i>Is a primarily center floor exercise set that utilizes balls, bands, and weights. *</i> <b>Standing Series:</b> <i>Exercises performed at the ballet barre.</i> <b>Floor Series:</b> <i>Exercises in the supine, prone, or side lying position on the floor.</i> <b>Ultra Abs:</b> <i>Series of exercises designed to engage all core muscles.</i>  <b>*All exercises use a combination of weights, balls, and bands.</b> <b>** Beginner/Advanced modifications can be given for most exercises.</b>			

CLASS FEES: FIRST CLASS IS FREE! \*\*\*\* ASK INSTRUCTOR ABOUT ANY PRICING SPECIALS \*\*\*\*

Regular Fees: \$15 Single Class/Drop In; 5 Session Bundle \$55; 10 Session Bundle \$100//Discount Available for Terps Dance Centre Enrolled Families & Students

### **What is Ultra Barre®?**

Ultra Barre® is a fusion of ballet barre, dance conditioning and pilates-based movements designed to lengthen and tone muscles using principles of biomechanics for a safe, yet challenging workout. Ultra Barre® is developed and taught by classically trained dancers and is designed for everyone from the novice to the professional dancer.

### **What are the benefits of Ultra Barre®?**

Balance	Better Posture	Breath Control	Coordination	Core Engagement	Flexibility	Focus	Joint Stabilization & Alignment
Lengthened Muscles	Movement efficiency	Muscular endurance	Muscular Strength	Precision	Proprioception	Stability	Toned body

### **Is Ultra Barre® only for professional dancers?**

No. Although Ultra Barre® is a dance conditioning program designed by dancers, anyone who wishes to have the long, lean muscles of a dancer will benefit from this workout.

### **I've never take a dance class. Will I be able to follow the movements?**

Yes. Ultra Barre® is designed for everyone. However, it is highly recommended you take part in a beginning level Ultra Barre® class\* first to get the fundamentals of ballet before taking an intermediate or advanced class.\*\*

### **Will I get injured doing any of these exercises?**

It is your responsibility to pace yourself through the class; however, it is recommended that you inform the instructor of any past or present injuries that might limit your participation. If you feel overwhelmed, take a moment to stretch or ask the instructor for a modification. The only way an injury will occur is if you are performing the exercises with improper alignment. If you find that you are overly sore, ask the instructor to observe how you are performing the exercise. You probably just need to slightly modify the movement. Listen to how your instructor is cueing the class. The instructor will tell you exactly how to perform the exercise to prevent injury. Remember, everybody is different, so do not compare yourself to others in the class. When in doubt, ask a question. If you have a question, there is a strong possibility that someone else is wondering the same thing.

### **I am a professional dancer. Will I receive any benefits from taking a beginning level class?**

Absolutely. Ultra Barre® is taught commonly to college majors that have the same rigorous dance schedule as a professional performer. Surprisingly, most of them find that even the basic exercises are difficult because the goals and principles of movement in an Ultra Barre® class are slightly different from a regular dance technique class. Even the best dancers need to cross train their bodies in order to balance strength and flexibility. If you find that any movements in the beginning level class are too simple, ask the instructor for an advanced modification. Oftentimes, there are simple ways to alter the movement to get even more of a challenge out of the class.

### **What do I wear to Ultra Barre® class?**

The appropriate attire is dependent upon how you feel the most comfortable. However, it is recommended you wear form fitting workout clothing or ballet attire. A lot of people ask why we do not allow sneakers in class. The reason we do not recommend wearing sneakers is that we are working to strengthen the feet and ankles and sneakers act as a false barrier against the floor, so you will not be able to develop adequate strength in the foot and ankle to properly perform the exercises in the class. Most people wear socks to class, but ballet shoes, jazz shoes or bare feet are also acceptable.