

## Adult Cardio Dance, instructor Dena Maniates

### About the Instructor:

Dena Maniates began dancing at age three and teaching at her childhood studio by the age of 15. She received a BA degree in Psychology/Human Resources from Barat College and took technical jazz and modern classes there as well as classes in Dance Therapy and Dance Anatomy/Kinesiology. She opened a dance studio in the Northwest Suburbs in 1996, and she currently acts as a consultant/part-time instructor while the studio is run by her extended family. Dena and her family moved to Oswego in 2004, and she is looking forward to dancing and teaching close to home.

### ADULT CARDIO DANCE

Do you want to have fun while breaking a sweat? Come join us! We will use a continuous mix of dance music to warm up, stretch, do toning moves and learn cardio routines that will get your blood pumping and your metabolism up and running.

**Join a 6 week session for \$60.00 Sign up for 3 sessions and save 10% Registration fee only \$15.00 for a new student.**

#### WEDNESDAYS: 7:45-8:30PM

Session II: March 10 - May 5	
week # 1	March 10
week # 2	March 17
NO CLASS	March 24 Spring Break
NO CLASS	March 31 - P/T conferences
week # 3	April 7
week # 4	April 14
NO CLASS	April 20
week # 5	April 28
week # 6	May 5

#### Thursdays: 9:15 -10:00 AM or 7:45-8:30PM

Session II: March 11 -May 6	
week # 1	March 11
week # 2	March 18
NO CLASS	March 25 Spring Break
NO CLASS	April 1
week # 3	April 8
week # 4	April 15
NO CLASS	April 22
week # 5	April 29
week # 6	May 6

