

# BEGINNER HEELS



## This class will cover...

- Learning to walk in heels
- Foundations of moving in heels
- Beginner Choreography in heels

## WHAT TO WEAR

Clothes that make you feel  
comfortable and confident in!  
Just be YOU!

There will be floor work in this class so please bring knee pads  
or wear long pants.

## TYPES OF HEELS TO WEAR

Heeled Boots or Stilettos

*We recommend starting in thicker heeled boots!*

### Please note:

*Wear plastic heel protectors if you are wearing stilettos!*

**Never danced before?** *We highly recommend starting with a  
beginner street dance class before putting on a pair of heels!*

***Bring a water bottle, all your friends &  
get ready to Vibe Out In The Hub!***

***PS. YOU CAN TOTALLY WEAR SNEAKERS TO THIS CLASS!***



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# INTERMEDIATE HEELS



## **This class will cover...**

- Intermediate Choreography in heels
- Performance & movement quality

## **WHAT TO WEAR**

Clothes that make you feel  
comfortable and confident in!  
Just be YOU!

There will be floor work in this class so please bring knee pads  
or wear long pants.

## **TYPES OF HEELS TO WEAR**

Heeled Boots or Stilettos

*We recommend starting in thicker heeled boots!*

### **Please note:**

*Wear plastic heel protectors if you are wearing stilettos!*

*Give us a call to chat if you have any questions!*

***PS. YOU CAN TOTALLY WEAR SNEAKERS TO THIS CLASS!***



***Bring a water bottle, all your friends &  
get ready to Vibe Out In The Hub!***

**DANCE EXPERIENCE REQUIRED FOR THIS CLASS!**



# STREET DANCE CLASSES

## Beginner Classes...

- No prior dance experience required
- Learn foundation dance moves
- Beginner choreography to your favourite tracks

## Beginner - Intermediate Classes...

- At least some dance experience required
- The middle group between beginner and intermediate classes
- Beginner - Intermediate Level Choreography

## Intermediate Classes...

- Prior dance experience required
- Intermediate Level Choreography

## WHAT TO WEAR

Clothes that make you feel  
comfortable and confident in!  
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get ready to Vibe Out In The Hub!

*Give us a call to chat if you have any questions!*



# LYRICAL CLASS

## INTERMEDIATE LEVEL...

- Some prior dance experience required
- Learn dance and movement freestyle concepts
- Freestyle movement as well as choreography

## WHAT TO WEAR

Clothes that make you feel  
comfortable and confident in!  
Just be YOU!

Bring a water bottle, all your friends &  
get ready to Vibe Out In The Hub!

*Give us a call to chat if you have any questions!*

