

# Workshops & Classes with Meagen Alderton.

## THURSDAY

### Latin Styling - 8pm

A 45 minute class that will focus on putting the finishing touches to your dancing. All Latin dances will be covered with the main focus on being styling. We will cover the use of arms, presentation of line and body and partnering just to name a few. Great for ladies and men, singles or partnerships and all levels.

\$15per person

### Latin Fundamentals in action - 8:45pm

A 45 minute class that will not only get your heart rate up but will increase your skill level in all dances. As a follow on to Latin fundamentals, Latin fundamentals in Action will be a class of basic figures and actions in all dances done to music for 45 minutes.

It's one thing to have the knowledge but you have to train it into your body to speed. Don't miss out on this great opportunity to continue improving your basics. No partner necessary. Perfect for any level!!

\$15 per person