



“ MOVEMENT MONDAYS” with ZUMBA ® & MORE



ZUMBA® with Latrell Bryant

Zumba fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be FUN and EASY TO DO! The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and International zest into the mix and you've got ZUMBA!

Grand Tappers with Vanette Ishmael

A performance tap troupe composed of men and women

40 years of age and older. Make music with your feet! Tap dance classes are a fun way for people of all ages to develop their coordination, balance, rhythm and agility. This class teaches the fundamentals including tap rhythm steps, flaps, shuffles and shuffle combinations that are taught through progressive exercises that make learning easy and develop each person's natural ability at their own pace.

Movers & Shakers: Gentle to Contemporary Movement, 40+ with Vanette Ishmael

A fun-filled, gentle exercise and movement class geared to the needs of maturing adults offers gentle stretching and mobility exercises to improve strength and cardiovascular functioning

<u>CLASS</u>	<u>DAYS & TIME</u>	<u>DAYS & TIME</u>
Zumba	Mondays @ 6:30 pm	Saturdays @ 4:30 pm
Grand Tappers	Mondays @ 5:30 pm	Saturdays @ 5:30 pm
Movers & Shakers	Mondays @ 4:30 pm	Saturdays @ 6:30 pm

\$5/lesson or \$20 per month for 1 /class/week or ; \$35/month for 2/classes/week

Latrell Bryant - Latrell's interest in dance started early and she began organized dance in preschool. She continued her career in creative movement as she was the "Feature Twirler" in her high school marching band. She performed in MBCC's Umoja Kamaru and subsequently continued in African dance. She was an original member of the Bamana African Dance and Drum Ensemble, and was also a part of the Bantaba Dance Company of Memphis. Latrell has been a Zumba instructor since Fall 2008.

Vanette Ishmael – This local dance prodigy returned from retirement to join the dance faculty at the Firehouse. Starting in the 1950's at age 3 with local dance educators, Addie Owens, Cecilia Westley, Roberta Ratcliff, and the legendary Ms. Peggy (Rufus Thomas' tap dance partner), Ms. Ishmael mastered the techniques and skills of classical ballet, tap and chorus line dance. She performed solo and in dance concerts throughout Memphis at colleges, schools, at national teacher conventions and once-famous Memphis landmarks such as the Handy Theater and Ellis Auditorium. Ms. Ishmael has shared her love of dance with hundreds of youth through private lessons and at the Memphis Park Commission's community centers.



Celebrating & Nurturing the Arts & Black Heritage Since 1982

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