

ADULT

SCHEDULE OF CLASSES

FALL 2018
updated 08.31.2018

5775 Barclay Drive, Suite 4
Alexandria, VA 22315

www.metropolitanarts.org

703.339.0444



metropolitan
SCHOOL OF THE ARTS

REGISTER TODAY!
CLASSES BEGIN September 4.

FALL 2018 Session: Starts September 4

ADULT FEES & POLICIES

Individual Drop-In Classes: \$18

Fitness and/or Dance class cards may be purchased for a discounted rate. Student, teacher, senior (65+), military and professional discounts available at the front desk with valid ID.

- **10-Class Card:** \$150 (\$15/class - expires 6 months after issue date)
- **20-Class Card:** \$260 (\$13/class - expires 12 months after issue date)
- **30-Class Card:** \$360 (\$12/class - expires 12 months after issue date)
- **1 Month Unlimited:** \$125 (expires 1 month after issue date)

Drop-in classes are held on the same day and time each week and are taught by highly qualified dance and fitness instructors. Our front desk staff is on hand to guide you through our full schedule of drop-in classes and help you choose the appropriate level class. Advance class reservations are strongly recommended. Class schedule is subject to change pending enrollment. Please visit our website for the most up-to-date information.

Adult Metrobarre and Fitness

Class	Day	Time	Teacher
MetroBarre	Monday	8:30-9:30 a.m.	Melanie Latrash
Vinyasa Flow Yoga	Monday	9:30-10:30 a.m.	Melanie Latrash
MetroBarre	Monday	6:45-7:45 p.m.	Brianne Pena-Serrano
MetroBarre Stretch	Tuesday	9:30-10:45 a.m.	Melanie Latrash
MetroBarre Core	Tuesday	6:45-7:45 p.m.	LeeAnne Pena
Vinyasa Flow Yoga	Wednesday	9:30-10:30 a.m.	Marion Blasch
Vinyasa Flow Yoga	Wednesday	8:00-9:00 p.m.	Melanie Latrash
MetroBarre Strength	Thursday	9:30-10:45 a.m.	Kim Jones
Slow Vinyasa Flow Yoga	Thursday	11:00-12:00 p.m.	Marion Blasch
MetroBarre	Thursday	7:00-8:00 p.m.	Annie Russ
MetroBarre	Friday	8:30-9:30 a.m.	Melanie Latrash
Vinyasa Flow Yoga	Friday	9:30-10:30 a.m.	Melanie Latrash
MetroBarre	Friday	11:00-12:00 p.m.	Marion Blasch
MetroBarre	Saturday	9:00-10:00 a.m.	Rotating Faculty*
Vinyasa Flow Yoga	Saturday	10:00-11:00 a.m.	Rotating Faculty*
MetroBarre Stretch	Sunday	9:00-10:15 a.m.	Rotating Faculty*
MetroBarre	Sunday	3:00-4:00 p.m.	Rotating Faculty*
Hot Vinyasa Flow Yoga	Sunday	4:15-5:15 p.m.	Rotating Faculty*

Adult Dance

Class	Day	Time	Teacher
Ballet 1/2	Wednesday	8:00-9:30 p.m.	Caroline Frankil Warren
Ballet 2/3	Monday	7:45-9:15 p.m.	Charlie Abel
Contemporary	Thursday	8:00-9:15 p.m.	Annie Russ
Hip Hop	Wednesday	8:00-9:00 p.m.	Rotating Faculty
Tap 1	Wednesday	7:00-8:00 p.m.	Giuliano Antonio
Tap 2/3	Thursday	7:30-8:30 p.m.	Michelle Michaels