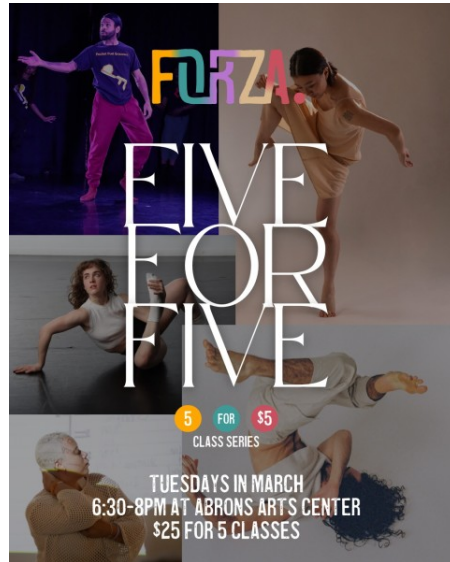


Thursday, February 13, 2025

Forza Dance's 5 for \$5 Class Series!

Company: Forza Dance
Location: New York, NY
Compensation: N/A

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Announcing our INCREDIBLE teaching artists for Forza Dance's 5 for \$5 class series!

Learn more and reserve your spot today [HERE!](#)

Tuesdays from March 4 - April 1

6:30-8:00pm at Abrons Arts Center

The Line-Up:

March 4th 6:30-8:00pm - NICK ALSEMO

- Rhythm Reps: Rhythm Reps begins with a dynamic warm-up using structured improvisation to explore musicality through solo, partner, and group exercises. The class then moves into a contemporary-based phrase with street style influence, welcoming all styles, as musicality is universal.

March 11th 6:30-8:00pm - OLIVIA PASSARELLI

- Contemporary Partnering (Intermediate): This class will start with a warm-up focused on alignment and stacking for partnering in contemporary forms, partnering drills in the center and across the floor, and a final combination incorporating and building newly acquired dynamic partnering skills and relationships formed throughout the class. Dancers of all partnering experiences are welcome and encouraged to explore in a safe and inclusive space, with a special focus on introduction to touch in movement spaces and supporting dancers to explore both basing and flying. Modifications are always offered!

March 18th 6:30-8:00pm - KIMIE PARKER

- Contemporary Flow: This improvisation-forward class will encourage deep somatic awareness to prepare the body for movement exploration. A durational warmup including conditioning, kinesthetic imagery, and intermediate/advanced contemporary dance technique will culminate in phrase work, research, and dismantling.

March 25th 6:30-8:00pm - JOEY ANDERSON

- Connecting the Dots: Dive into this task driven, contemporary movement workshop to continue exploring your body's capacities. Whether it be mental, anatomical, spatial, or relational, we're going to be connecting some dots.

April 1st 6:30-8:00pm - ALEXIS DIGGS

- Contemporary Styles: Contemporary Styles focuses on blending technical and musical elements to promote dancers' adaptability, control, and artistry when approaching rigorous contemporary phrasework. It emphasizes an understanding that every body, mind, and spirit is unique and maintains the goal of nurturing a healthy, growing relationship between each artist and their craft.

We're very happy to continue offering affordable, fulfilling, and magical classes. Share the love and invite others, so we can continue providing much needed learning, growing, and community-building opportunities to y'all the wonderful NYC++ artistic community. <3

<https://forms.gle/V6nBLha9ysDPZH3P6>

forzadance.org

<https://www.instagram.com/forzadancecom/>

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