

ERNESTO PLAZOLA

DANCE WORKSHOPS

Ernesto Plazola provides workshops that teach a variety of culturally significant dance styles:

Latin Dance (Salsa, Bachata, Merengue), Brazilian Rhythms, (Samba, Forró, Axé), American Styles (Country Western, Line Dance, Ballroom), Dance fitness (Zumba), Fusion and Social Dances that promote global awareness and inclusion. Class breakdown:

15 to 20 minutes warm up and group skill level assessment

20 to 25 minutes main dance or fitness content

5 to 10 minutes cool down and stretch

SENIOR PROGRAMMING

Dance styles mentioned above are available for seniors as well. Senior programs have low impact and low to medium intensity (when applicable, to accommodate both mobility/physical limitations & strengths: Variations in both difficulty & intensity are offered).

Participants age 6 and older