

# New Class

## Contemporary Technique

Class description: This class will incorporate technical aspects from ballet, modern dance, jazz, hip-hop, tribal fusion, and yoga, with an emphasis on developing greater structural awareness of movement, plus the freedom to be creative, expressive, to let go, and to have fun! Floor, barre, and center work, choreography learning, and improvisation will all be involved. Bring in what you know and be prepared to try something new!"

**Class: Contemporary Technique**

**Taught by: Amy Gray**

**Day: Monday**

**Time: 8:15 - 9:30pm**

**Int/Adv level**

### **Amy's Bio:**

Amy Gray has over twenty years of dance experience, including classical and contemporary ballet, modern dance, jazz, tap, hip-hop, tribal fusion, and American Tribal Style bellydance. She has performed locally with Ballet Theatre San Luis Obispo, Variable Velocity Performance Group, and the Civic Ballet of San Luis Obispo, as well as nationally and internationally with various groups and performance projects. Originally from the San Luis Obispo area, Amy has received dance training at The Place in London, UK; the LINES Dance Center in San Francisco, CA; Western Ballet in Mountain View, CA; and through the Five College Dance Department in Western Massachusetts."