



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# GET YOUR JAM ON: HIP HOP AT THE Y

Health, Well-being & Fitness  
UNIVERSITY FAMILY YMCA

## HIP-HOP SERIES

This beginning hip hop class fuses various styles of hip hop dance (old school, pop, and funk) to enable people of all ages to get their jam on. With an emphasis on repetition and a strong cardio component, this class is perfect for those wanting to let loose to the beat, explore their funky side, and get a fantastic workout while doing it.

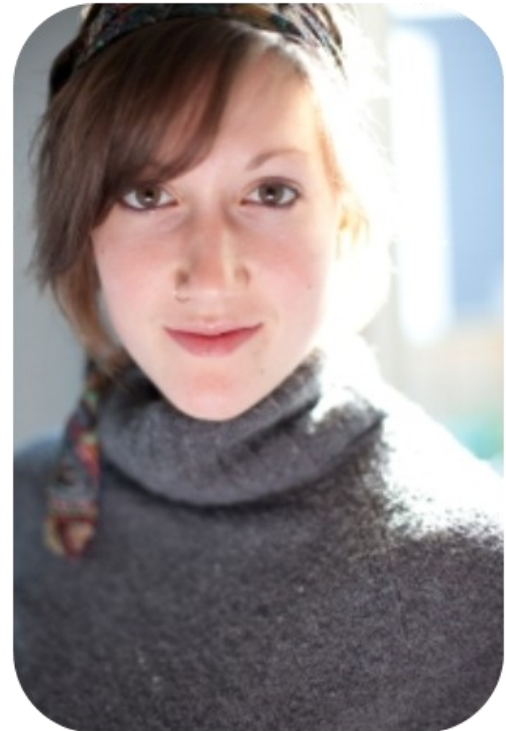
## WHEN

Every Thursday in February  
7:30-8:30pm  
Feb 2,9,16 and 23rd

**COST**  
**FREE!**

## REGISTER

At the front desk, online at  
[seattleyymca.org](http://seattleyymca.org) or over the phone  
206.524.1400  
Registration open throughout the session.



## INSTRUCTOR

Leah Jones has danced for 11 years, beginning with the Oregon Ballet Theatre. Since then Leah has explored myriad forms of dance, training most intensively in the Luigi jazz technique under Tracey Durbin and hip hop under acclaimed hip hop dancer Maricella Devine.

## QUESTIONS

Hayden Wartes  
206.524.1400 [hwartes@seattleyymca.org](mailto:hwartes@seattleyymca.org)