



# Adult Lyrical

**Ages 18+ years**

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1324 Vendels Circle  
Suite 101 Paso Robles CA

## About this Class

All experience levels are welcome!

This class offers a blend of Lyrical, Jazz and Modern Styles. Classes include a thorough warm up, stretches, center work and across-the-floor sequences. Dance combinations will be added into class curriculum each week.

## This class supports:

- Development of flexibility, coordination, balance, and musicality
- Building confidence through center work, across-the-floor exercises, and choreography

## 2026/27 Season - Class Offerings

- Wednesday 10:00-11:00am with Ms. Kim



Adult Lyrical does not require a specific dress code. We encourage dancers to wear whatever they are most comfortable in, whether that is a leotard and tights or leggings and a t-shirt.