

B Creative Fusion™ Ballet & Jazz Divisions

I hear and I forget. I see and I remember. I do and I understand! -Confucius

Movement is one of the first forms of communication. B Creative Fusion™ is a joyful way for young movers to understand themselves and their relationship with the world, while being introduced to an infusion of classical and contemporary dance/movement styles and techniques. In the Ballet & Jazz divisions young movers explore their movement potential through music, while developing physical skills, channeling energy, stimulating imagination and promoting creativity. Students learn to use their body actions to communicate an image, idea or a feeling. B Creative Fusion™ Ballet & Jazz movers learn about their bodies, the space around them and each other, making connections with the rest of the world.

Ballet

Inspired by grace and precision, Bellan offers both classical and contemporary ballet training techniques as the movement foundation for all its classes. Various structured exercises sculpt the entire body while promoting poise, proper posture, balance, alignment, flexibility and strength. Experiences are traditionally organized, including stretching, barrework, port de bras, adagio, pirouettes and petite/grand allegro; they encourage expression used to enhance self-awareness, performance and character development.

Bellatin Fusion™

Love the music, and your body will respond and love you back. A powerful and rich cultural experience, this animated dance fusion is comprised of electrifying and sexy international music and movement. Infused with influences of Africa, the Middle East, Latin America and other international dance styles, Bellatin Fusion™ is a high energy, fast-paced, rhythmic, total-body workout designed to make you sweat and burn the calories while burning the floor.

Contemporary

Contemporary at Bellan is designed to improve the strength, fluidity and flow of movement through a series of expressive and strength-based combinations and choreography. The program fine-tunes the body and develops self-awareness, artistic and technical performance abilities. Ballet training or other contemporary technique experience is recommended.

DanceBody™

Let go and feel the music. DanceBody™ builds core strength and increases musicality, coordination, balance and flexibility. Through the incorporation of diverse dance and movement techniques, DanceBody is accessible, approachable, dynamic, and entertaining. Make everyday movements your friends. This movement experience utilizes medleys of choreography that tones muscles and blasts calories. Rock away the added extras in an engaging total body workout designed to make you appreciate being the artist and sculptor of your own body. All classes and sections are paced and specifically tailored to match the needs and requirements of those participating.

Funk Fusion™

Funk Fusion™ is real steps with real people to set the floor of fire™—Cut away and release in a movement collaboration of jazz, hip hop and club dancing. Fuse your spirit and experience the rhythms that will unlock a funk that resides in each of us.

Jazz

Express yourself out loud through a movement experience designed to be expressive, fun and energetic. Jazz at Bellan encourages grace and balance, emphasizes body alignment and strength, and highlights, showcases and appreciates individual style and originality. Interpret unique movement sequences and various styles consisting of quick turns, fancy footwork and grand leaps, turning up the volume on your dancing feet!

Salsa Latin Rhythms™

Whether your goal is to enjoy an evening dancing with friends, connect with your partner or simply get a great workout, Salsa Latin Rhythms™ is a musical movement fusion rooted in North, South, Central, African and Caribbean rhythms. Salsa Latin Rhythms introduces various movement patterns that build a solid foundation for growing movers. Learn the fundamentals of timing, rhythm, footwork, and an introduction to dancing with a partner. This movement experience provides a solid movement base designed to nurture movement confidence and inspire individual flair on the dance floor. A partner is not required to benefit from this movement experience.

Specialty Xperiences at Bellan

Stiletto Fitness™

Liberate yourself and turn up the volume on your feet. Find your “sexy” in this new and exciting sculpting, toning and strengthening workout designed to help you define the way you look and feel. This movement experience includes a floor and chair work component.

Bellan E™

Connecting and reconnecting partners through movement, fitness, intimacy and passion, Bellan E™ is a movement experience designed for adults and couples. Inspired to add spice and flavor to intimate routines, Bellan E takes the art of intimacy to a new level with signature moves that enhance body awareness, endurance, stamina and flexibility.