

# APRIL 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		<b>1</b>  \$2 Tango Tuesdays <b>PRACTICA</b> 6:30-9:00 pm	<b>2</b> Follower's Technique w/Jenny, 6:30-7:30 pm \$10 regular, \$8 students  Zumba Party w/Janos 7:30-8:30 pm, \$6	<b>3</b> Rollout – SMR w/Brett, 6:30-7:30 \$10 regular, \$8 student  Fitness Fencing w/Brett, 7:30-8:30 \$10, regular, \$8 student	<b>4</b> UH Manoa Outreach Beginners Series Class Week 10 of 10 Register online \$105 Regular \$95 UH Affiliates	<b>5</b> Adult Ballet w/Jenny, 6:30-7:30 \$10 regular, \$8 student  Girls Night Out w/Jenny, 7:30-8:30 \$10, regular, \$8 student	
<b>6</b> 11:45-12:45 Stretching & Balance w/Jenny \$10 regular, \$8 students  1:00-2:00 Beginning Tango 2:00-3:00 Intermediate Tango w/ Brett and Jenny \$10 for one, \$15 for both \$8, \$12 for Students	<b>7</b>  Suffuse Fusion Dancing w/Zac 8 pm - 12 am \$4-\$10 sliding donation	<b>8</b>  \$2 Tango Tuesdays <b>PRACTICA</b> 6:30-9:00 pm	<b>9</b> Follower's Technique w/Jenny, 6:30-7:30 pm \$10 regular, \$8 students  Zumba Party w/Janos 7:30-8:30 pm, \$6	<b>10</b> Rollout – SMR w/Brett, 6:30-7:30 \$10 regular, \$8 student  Fitness Fencing w/Brett, 7:30-8:30 \$10, regular, \$8 student	<b>11</b> UH Manoa Outreach Beginners Series Class Week 10 of 10 Register online \$105 Regular \$95 UH Affiliates	<b>12</b> Adult Ballet w/Jenny, 6:30-7:30 \$10 regular, \$8 student  Girls Night Out w/Jenny, 7:30-8:30 \$10, regular, \$8 student	
<b>13</b> 11:45-12:45 Stretching & Balance w/Jenny \$10 regular, \$8 students  1:00-2:00 Beginning Tango 2:00-3:00 Intermediate Tango w/ Brett and Jenny \$10 for one, \$15 for both \$8, \$12 for Students	<b>14</b>  Suffuse Fusion Dancing w/Zac 8 pm - 12 am \$4-\$10 sliding donation	<b>15</b>  \$2 Tango Tuesdays <b>PRACTICA</b> 6:30-9:00 pm	<b>16</b> Follower's Technique w/Jenny, 6:30-7:30 pm \$10 regular, \$8 students  Zumba Party w/Janos 7:30-8:30 pm, \$6	<b>17</b> Rollout – SMR w/Brett, 6:30-7:30 \$10 regular, \$8 student  Fitness Fencing w/Brett, 7:30-8:30 \$10, regular, \$8 student	<b>18</b>	<b>19</b> Adult Ballet w/Jenny, 6:30-7:30 \$10 regular, \$8 student  Girls Night Out w/Jenny, 7:30-8:30 \$10, regular, \$8 student	
<b>20</b> 11:45-12:45 Stretching & Balance w/Jenny \$10 regular, \$8 students  1:00-2:00 Beginning Tango 2:00-3:00 Intermediate Tango w/ Brett and Jenny \$10 for one, \$15 for both \$8, \$12 for Students	<b>21</b>  Suffuse Fusion Dancing w/Zac 8 pm - 12 am \$4-\$10 sliding donation	<b>22</b>  \$2 Tango Tuesdays <b>PRACTICA</b> 6:30-9:00 pm	<b>23</b> Follower's Technique w/Jenny, 6:30-7:30 pm \$10 regular, \$8 students  Zumba Party w/Janos 7:30-8:30 pm, \$6	<b>24</b> Rollout – SMR w/Brett, 6:30-7:30 \$10 regular, \$8 student  Fitness Fencing w/Brett, 7:30-8:30 \$10, regular, \$8 student	<b>25</b>	<b>26</b> Adult Ballet w/Jenny, 6:30-7:30 \$10 regular, \$8 student  Girls Night Out w/Jenny, 7:30-8:30 \$10, regular, \$8 student	
<b>27</b> 11:45-12:45 Stretching & Balance w/Jenny \$10 regular, \$8 students  1:00-2:00 Beginning Tango 2:00-3:00 Intermediate Tango w/ Brett and Jenny \$10 for one, \$15 for both \$8, \$12 for Students	<b>28</b>  Suffuse Fusion Dancing w/Zac 8 pm - 12 am \$4-\$10 sliding donation	<b>29</b>  \$2 Tango Tuesdays <b>PRACTICA</b> 6:30-9:00 pm	<b>30</b> Follower's Technique w/Jenny, 6:30-7:30 pm \$10 regular, \$8 students  Zumba Party w/Janos 7:30-8:30 pm, \$6	<div style="border: 2px solid black; padding: 10px; background-color: #ffffcc;"> <p style="text-align: center;"><b>NEW Classes this Month:</b></p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Adult Ballet</p> <p>Girls Night Out</p> </div> <div style="text-align: center;"> <p>Fitness Fencing</p> <p>Rollout – SMR</p> </div> </div> </div>			

**\*\* All classes are at our NEW Studio \*\***

**\*\* Location unless otherwise noted \*\***



150 N. King Street, Suite #202,  
Honolulu, HI 96817  
(831) 239-6529



UNIVERSITY  
of HAWAII  
MĀNOA

### Passion in Paradise

UH Outreach College Non-Credit Course  
Hemenway Hall 201

Parking in Main Parking Structure off Dole St.  
2500 Campus Rd, Honolulu, HI 96822

## Classes by Day

### Sunday

11:45 am - 12:45 pm Stretching and Balance with Jenny. This is a new class taught by Jenny Griswold that is designed to help increase your flexibility and ability to balance for partner dancing. It is a combination of yoga, Pilates, ballet, and fitness conditioning.. You also do NOT need to be a dancer to benefit from this class. Class is \$10 regular, \$8 students with I.D. **GY**

1:00 pm - 2:00 pm Drop-in Beginning Tango with Brett and Jenny. We'll be starting from the absolute BEGINNING! If you've never danced before this is the class for you!! Wear comfortable clothes and shoes that are slippery that will stay on your feet. Class is \$10 regular, \$8 students with I.D. **GY**

2:00 pm - 3:00 pm Drop-in Intermediate Tango with Brett and Jenny. This class is meant for dancers who have some experience with tango movement and are comfortable leading or following in a social setting. In this class we cover intermediate figures and focus on travelling the floor while connecting different movements. Class is \$10 regular, \$8 students with I.D. **GY**

**SPECIAL for Sunday classes only: One class for \$10, Two classes for \$15, or stay for all three for \$20. For Students the special is one class for \$8, Two classes for \$12, or stay for all three for \$15**

# APRIL 2014

## Classes by Day

### Monday

8:00 pm - 12:00 am Suffuse Fusion Dance with Zac. We are founded on jazz based dances like Blues and Swing while reaching out to Latin, Modern, Lyrical, Hip-Hop, Tango, Ballroom, and Ballet. Drop-in fusion labs are 8-9pm (no partner or experience needed) Dancing till 12 with Hourly DJs Sliding Scale Donation: Lab + Dance: \$9-15, Dance Only: \$4-10

### Tuesday

6:30 pm - 9:00 pm \$2 Tango Tuesday Practica. Come to practice your Tango with a great group of fun and laid back dancers. Bring your own iPod to share some of our favorite music.

### Wednesday

6:30 pm - 7:30 pm Followers Technique Class with Jenny. This class is for both ladies and gentlemen who want to work on their followers technique and embellishments. In this class Jenny stresses posture, foot placement, walking techniques, and embellishments and adornos. The adornos and embellishments include those movements that aid flair to the followers dance outside of the lead-follow dialogue which can be added to walking steps, ochos, planeos, volcadas, voleos, and more. \$10 regular, \$8 student. **GY**

7:30 pm - 8:30 pm Zumba with Janos. Ditch the workout and join the party! Get ready to dance and sweat with Janos, and experienced Zumba instructor with TONS of energy. Bring sneakers, towel and water bottle. Only \$6!

### Thursday

6:30 pm - 7:30 pm Rollout – SMR with Brett. Rollout is a form of Self-Myofascial Release using foam rollers to work out knots in various muscles in your body. This class is great for anyone who has tightness in their muscles and tendons and is perfect for dancers, athletes, golfers, surfers and other folks who have repetitive motion hobbies. This is a therapeutic class that helps heal the body and increase flexibility. \$10 regular, \$8 student. **GY**

7:30 pm - 8:30 pm Fitness Fencing with Brett. Ever want to learn how to use a sword or learn stage combat? This fun fitness class combines cardio with fencing drills, sparring and stage combat sequences. \$10 regular, \$8 student. **GY**

### Friday

6:00 pm - 7:30 pm UH Manoa Outreach College Beginning Series Class. This class takes place at UH Manoa in Hemenway Hall Room 201. You need to register for this class ONLINE ahead of time. This is a 10-week series from January 24-April 11, with no classes during Spring Break on March 21st and 28th. \$105 general public, \$95 UH Affiliates.

### Saturday

8:00 am – 6:00pm Private Lessons by Appointment Only **G**

6:30 pm - 7:30 pm Adult Ballet with Jenny. This class is meant for student who are interested in the benefit of strength, balance and flexibility that comes from the controlled and disciplined practice of Ballet. It is geared toward adults that have never danced ballet or have danced when they were younger. Wear close fitting clothes so Jenny can see your form (body and legs). Socks, ballet slippers or jazz shoes suggested. \$10 regular, \$8 student. **GY**

7:30 pm - 8:30 pm Girls Night Out with Jenny. Get those stilettos on and learn how to dance in your heel or give your special someone a lap dance. This fun fast paced cardio class combines your sexy shoes, hip-hop, bellydance, cabaret, burlesque strip-tease and floor work to unleash your sexy side while getting fit. Workout clothes and heels are suggested. \$10 regular, \$8 student. **GY**

**G = Groupon Deal Dligible, Y = Yelp Deal Eligible, GY = Groupon and Yelp Deal Eligible**

❖ Brett & Jenny Griswold ❖ Paradise Tango Argentino ❖ [www.paradisetango.com](http://www.paradisetango.com) ❖ [info@paradisetango.com](mailto:info@paradisetango.com) ❖ 831-239-6529 ❖