

AUGUST 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 11:45-12:45 Stretching & Balance w/Jenny 1:00-2:00 Beginning Tango 2:00-3:00 Intermediate Tango w/ Brett and Jenny	WINE AND TANGO Friday August 8, 2014! RESERVE YOUR SPOT: 831-239-6529		NEW CLASS TIMES <u>Followers Technique changed:</u> Wednesday → TUESDAY <u>\$2 Tuesday Practica is now 7:30-9:30!!</u>		1 PRIVATE LESSONS AVAILABLE	2 PRIVATE LESSONS AVAILABLE
3 11:45-12:45 Stretching & Balance w/Jenny 1:00-2:00 Beginning Tango 2:00-3:00 Intermediate Tango w/ Brett and Jenny	4 PRIVATE LESSONS AVAILABLE	5 Follower's Technique w/Jenny, 6:30-7:30 pm \$2 Tango Tuesdays PRACTICA 7:30-8:00 Intro Class 8:00-9:30 pm Practice	6 World Championship REHEARSAL Classes Cancelled	7 Rollout – SMR w/Brett, 6:30-7:30 \$10 regular, \$8 student Fitness Fencing w/Brett, 7:30-8:30 \$10, regular, \$8 student	8 WINE & TANGO w/Brett and Jenny 6:30-8:00 \$15 per person 21 and over only	9 PRIVATE LESSONS AVAILABLE
10 11:45-12:45 Stretching & Balance w/Jenny 1:00-2:00 Beginning Tango 2:00-3:00 Intermediate Tango w/ Brett and Jenny	11 PRIVATE LESSONS AVAILABLE	12 Follower's Technique w/Jenny, 6:30-7:30 pm \$2 Tango Tuesdays PRACTICA 7:30-8:00 Intro Class 8:00-9:30 pm Practice	13 World Championship REHEARSAL Classes Cancelled	14 Brett and Jenny Leave for Buenos Aires, Argentina Tango World Championship	15 Brett and Jenny in Argentina Tango World Championship	16 Brett and Jenny in Argentina Tango World Championship
17 Brett and Jenny in Argentina Tango World Championship	18 Brett and Jenny in Argentina Tango World Championship	19 Brett and Jenny in Argentina Tango World Championship \$2 Tango Tuesdays PRACTICA 7:30-9:30 pm Practica NO MINI CLASS	20 Brett and Jenny in Argentina Tango World Championship	21 Brett and Jenny in Argentina Tango World Championship	22 Brett and Jenny in Argentina Tango World Championship	23 Brett and Jenny in Argentina Tango World Championship
24 Brett and Jenny in Argentina Tango World Championship	25 Brett and Jenny in Argentina Tango World Championship	26 Brett and Jenny in Argentina Tango World Championship \$2 Tango Tuesdays PRACTICA 7:30-9:30 pm Practica NO MINI CLASS	27 Bett and Jenny Returning from World Championship in Buenos Aires	28 Rollout – SMR w/Brett, 6:30-7:30 \$10 regular, \$8 student Fitness Fencing w/Brett, 7:30-8:30 \$10, regular, \$8 student	29 PRIVATE LESSONS AVAILABLE	30 PRIVATE LESSONS AVAILABLE

**** 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

AUGUST 2014

Classes by Day (Changed or NEW Classes in RED)

Monday

6:30 pm - 10:00pm Private Lessons by Appointment Only [GY](#)

Tuesday

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. [GYLS](#)

7:30 pm - 9:30 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 - THESE CLASSES WILL RESUME IN SEPTEMBER!!!!

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. **RSVP Required 831-239-6529.** [GYLS](#)

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. **RSVP Required 831-239-6529.** [GYLS](#)

8:30 pm - 9:30 pm Performance Tango with Brett & Jenny. Join Brett and Jenny and learn Show Tango moves and a performance piece. Brett and Jenny are looking for athletic dancers show want to challenge themselves and reach new levels with their dancing. Ballet, Jazz, Ballroom and other dancers are encouraged to audition. Tango experiences is ideal it is not necessary. \$100 Monthly. Not valid for Groupon, Yelp or Living Social. **RSVP and AUDITION ONLY!**

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 heels the body and increase flexibility. \$10 regular, \$8 student. [GYLS](#)

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. [GYLS](#)

Friday

6:30 pm - 8:00 pm WINE & TANGO: Special Event! 7/18 come wine tasting before an hour long Tango lesson! Must be 21 yrs or older, \$15 per person [YLS](#)

6:30 pm - 10:00pm Private Lessons by Appointment Only [GY](#)

UH Manoa Outreach College Beginning Series Class: CANCELLED FOR SUMMER due to University of Hawaii Athletic Department Changes in Facility space usage. UH Class will resume in fall. September 12th.

Saturday

8:00 am - 10:00pm Private Lessons by Appointment Only [GY](#)

Classes by Day (Changed or NEW Classes in RED)

Sunday

11:45 am - 12:45 pm Stretching and Balance with Jenny. This is a new class taught by Jenny Griswold that is designed [Y](#)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. [GYLS](#)

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. [GYLS](#)

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. [GYLS](#)

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 lal three for \$15

G = Groupon, Y = Yelp, LS = Living Social, GY LS = Groupon, Yelp, Living Social Deal Eligible

❖ Brett & Jenny Griswold ❖ Paradise Tango Argentino ❖ www.paradisetango.com ❖ info@paradisetango.com ❖ 831-239-6529 ❖