



MODERN DANCE CLASSES

GYM B
MONDAYS AND WEDNESDAYS
13:00 TO 14:00



Instructor: Anna Rubino
(professional dancer, choreographer, certified dance teacher)

Costs:

First trial class: Free

Monthly fee (8 times x month): 60 Euro

Half month (4 times x month): 40 Euro

Modern dance centres on interpreting and expressing emotions and moods. It is a form of contemporary theatrical and concert dance employing a special technique for developing the use of the entire body in movements expressive of abstract ideas(hip hop, dance, pop, etc.)

Class consists of:

- 40 minutes in-depth warming-up phase with basic technical dance exercises and ends with exercises for abdominals and glutes and stretching on the floor.**
- 20 minutes of technical and interpretative choreography to the sound of various music genres**



**Contact: group coordinator Arianna Vignoni
email arianna.vignoni@fao.org / ext. 53547**

**For Info and Booking, please contact FAO STAFF COOP, Room E016
x.53142 / fao-staff-coop@fao.org**