

ADULT DANCE CLASSES, Spanish Fork to Salt Lake

Last updated 10/01/19

Please call ahead before attending to make sure the information is still current!

Wasatch Contemporary Dance Company

At Smash Dance Academy in Provo (Shops at Riverwoods, 4801 N University Ave Suite 640, Provo), \$7-\$10 per class

<http://wasatchcontemporary.com/>

Monday Ballet Basics for all levels 9:30-10:30 AM, Tuesday Advanced Contemporary 8:30-10 PM, Thursday Int/Adv Ballet 8:15-9:15 PM, always check website for monthly schedule, some modifications in summer or for holidays. Adult full-day workshops also offered in the Spring and Fall with classes for all levels.

Charisma Dance

1170 E 900 S, Springville UT 84663

<https://www.charismadancestudio.com/>

Tuesdays 8-9 PM Intermediate adult hip hop
Wednesdays 7:30-8:30 PM Intermediate adult contemporary

L'Esthétique Dance Studio

344 E State St

Pleasant Grove, UT 84062

<http://www.esthetiquedance.com/>

801-735-4908

Mondays 7:30-8:30pm Beg Ballet Technique

Thursdays 8:00-9:30pm Int/Adv Ballet

Technique

Those two classes are adult only and have punch cards.

Jive Dance

1752 State St, Orem, UT 84097

Adult Jazz/Hip Hop 9pm Thursdays

http://www.jivellc.com/orem/#!/page_CLASSES_3

Studio 1

1300 West Center Street Orem, Utah 84058

<http://www.studio1dancecenterutah.com/>

Beg-Adv Adult classes begin in Aug (ballet, contemporary and jazz)

Center Stage

575 North 1200 West Orem, UT 84058

<http://www.centerstageutah.com/>

Ballet, ballroom, hip hop and jazz offered year round, beg-adv levels

The Edge

255 E State Street, Lehi UT 84043

<http://www.theedgedancestudioutah.com/>

Tuesday 8:30-9:30 PM

"Mamas" class, performance and competition opportunities available

Body Logic Dance Academy

6811 South State Street

Midvale, UT 84047

<http://www.bodylogicdance.com/>

Millenium Dance Complex

Lots of adult classes in all genres

<http://www.mdcslc.com/class-schedule/>

918 900 S, Salt Lake City, UT 84105

Repertory Dance Theatre Dance Center on Broadway

Rose Wagner Performing Arts Center

138 W 300 S Salt Lake City UT 84101

<http://rdtutah.org/danceclasses.html>

Ages 16+

Ballet, Bollywood, Hip Hop, Modern, Contemporary, African, Flamenco, etc

Kinuko Modern Dance Company

Some weekdays around 4-5:30 PM

Canyon View Arts Center in Riverton

12652 2700 W, Riverton, UT 84065

Follow their Facebook or IG (@kinukomodern) for posts about their classes, their website doesn't seem to be updated frequently

Divinity Dance Company

Saturdays 9-10:30AM

For advanced dancers 15 years-adult

Vision Dance and Learning Center

11545 S 3600 W South Jordan

They post their classes on their IG account (@divinitydancecompany) Free but donations accepted and appreciated

Oquirrh West

Morning and night classes, changes weekly.

Most current class info posted on their IG page (@oquirrhwestdance)

<https://www.oquirrhwestdance.com/>

Municipal Ballet Company

<http://www.municipalballet.com/ballet-school/>

Looks like Wed mornings and Thursday evenings, but check their calendar which they keep regularly updated online.

SALT Contemporary Dance Company

Artistic Dance Project, Pleasant Grove

Follow IG and Facebook for posts about classes.

They also offer intensives and a choreography festival.

(IG: @saltdance, Facebook: @saltcontemporarydance)

<http://saltdance.com/>

The Dance Series

A Facebook group organized by Crystal Call Melander, find it at

<https://www.facebook.com/groups/577430315762795/> to request to join

Classes held Thursday nights at Esprit de Corps in Spanish Fork, genre changes weekly, \$5 cash
1211 Expressway Ln, Spanish Fork, UT 84660

Open Contemporary Technique (O.C.T)

Organized by Breanna Saxton at Rowland Hall's Upper School Dance Studio at 843 South Lincoln Street Salt Lake City, Utah 84102, Monday and Wednesday 6:30-8 pm

<https://www.breannesaxton.com/oct/?view=calendar&month=June-2017>

Myriad Dance

Offers intensives occasionally in Salt Lake

<http://www.myriaddancecompany.com/home>

Follow on IG (myriaddance) and Facebook (myriaddancecompany)

Utah Dance Fitness

<http://www.utahdanceandfitness.com/#classschedule>

Dance aerobic type classes, Lehi

MOVE Fitness

Lehi

Some hip hop classes

<https://movedanceutah.com/schedule/>

If you know of other classes that should be added, please email jessicaheaton@wasatchcontemporary.com.