

Arts for Life NJ presents The Actor's Craft

Taught by Michael Bias

Wednesdays, 10:30 am – 12:30 pm

Contact Jacqueline Guttman: 201-638-5698; jguttman@me.com

For beginners and more advanced actors who want to polish their skills. Learn how actors prepare to go onstage, immerse themselves in a role and use non-verbal memories to communicate with their audience. Scene study, improv, exercises, theatre games. Lots of fun and serious learning.

Center for Modern Dance Education presents Modern Dancercise

Taught by Elissa Machlin Lockwood

Tuesdays 11:00-12:00

Free trial class! Call 201-342-2989

Discover or rediscover the dancer in you! A fun easygoing mix of dance, yoga and exercise to tone, stretch, strengthen, relax and exhilarate. Simple dance combinations, improvisations, creative visualization, balance work and relaxation techniques. For beginners and post professional dancers; suitable and adaptable for seniors and individuals with disabilities including people who use wheelchairs.

Both classes are at the Center for Modern Dance Education, 84 Euclid Ave., Hackensack