

These classes are
graciously hosted by:



NOBA

Bringing Dance to Life



Open Community Dance & Fitness Classes



Visit **NOBA's website** at www.nobadance.com regularly for full class schedules and updates.
Open to ages 14-80+. First-time participants may register at the door on a first come, first served basis.
Schedule and instructors are subject to change. Holiday schedules will also be updated periodically online.

Fall 2017—Spring 2018 Schedule

TAI CHI

Chevron Studio, Lyons Rec Center, 624 Louisiana Ave.
Mondays, 10:30-11:30am
August 14, 2017—May 21, 2018

BEGINNER/INTERMEDIATE BALLET

Tremé Rec Center, 900 N. Villere St
Mondays, 7:00-8:15pm
September 11, 2017—April 30, 2018

GENTLE YOGA

Chevron Studio, Lyons Rec Center, 624 Louisiana Ave.
Wednesdays, 10:30-11:30am
August 2, 2017—May 30, 2018

BEGINNER PILATES

Chevron Studio, Lyons Rec Center, 624 Louisiana Ave.
Wednesdays, 12:00-1:00pm
August 2, 2017—May 30, 2018

INTERMEDIATE/ADVANCED BALLET

Chevron Studio, Lyons Rec Center, 624 Louisiana Ave.
Fridays, 10:30am-12:00pm
August 4, 2017—May 18, 2018

HORTON MODERN TECHNIQUE

Tremé Rec Center, 900 N. Villere St.
Fridays, 5:45-7:15pm
September 8, 2017—May 18, 2018

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human energy®