InnerRhythms
DANCE for EVERYONE

Fall Schedule 2026

MONDAY

Time	Class	Age / Level	Instructor	Studio
3:15 PM-4:00 PM	MiniRhythms	Ages 3-4	Sarah Singleton	**B**
3:45 PM-5:15 PM	Ballet 4/5	8th grade and up with teacher approval	Jennifer Couch	**A**
4:00 PM-5:15 PM	Jazz 2/3	Ages 13+	Sheri Woodsgreen	**B**
5:15 PM-6:30 PM	Contemporary 3	Ages 13+	Sheri Woodsgreen	**A**
5:30 PM-6:30 PM	Ballet 2	4th/5th grade	Jennifer Couch	**B**
6:30 PM-7:30 PM	Teen/Adult Latin Cardio Dance	All levels	Char Lopez	**A**
6:30 PM-7:45 PM	Teen/Adult Jazz	Intermediate +	Sheri Woodsgreen	**B**

TUESDAY

Time	Class	Age / Level	Instructor	
9:30 AM-10:30 AM	Forever Young **FREE**	Age 55 +	Jami Wiseman	**A**
3:15 PM-4:00 PM	MiniRhythms	Ages 3-4	Sarah Singleton	**B**
4:00 PM-4:45 PM	MiniHoppers	Ages 5-7	Kayla Durham	**B**
4:00 PM-5:00 PM	Jazz 1	Ages 8-9	Kassidy Commendatore	**A**
5:00 PM-6:00 PM	Jazz 2	4th grade and up	Kassidy Commendatore	**A**
5:00 PM-6:00 PM	Teen/Adult Beginner Tap	All levels	Jennie Pitts	**B**
6:00 PM-7:00 PM	Teen/Adult Intermediate Tap	Intermediate +	Jennie Pitts	**A**
6:00 PM-7:00 PM	Contemporary 2	3rd grade and up	Kayla Durham	**B**
7:00 PM-8:00 PM	Teen/Adult Beginner Hip Hop	All levels	Brandon Greathouse	**A**

WEDNESDAY

Time	Class	Age / Level	Instructor	
10:00 AM-11:30 AM	Adult Ballet	Intermediate+	Jennifer Couch	**A**
2:15 PM-3:15 PM	Teen/Adult Inclusive **FREE**	All levels	Eric	**A**
3:30 PM-4:30 PM	Hip Hop Team	Instructor placement (youth/teen)	Eric Ventura	**A**
3:45 PM-4:30 PM	MiniRhythms	Ages 5-6	Kayla Durham	**B**
4:30 PM-5:30 PM	Hip Hop 2	4th grade and up	Eric Ventura	**A**
4:30 PM-5:30 PM	Contemporary 1	2nd grade and up	Kayla Durham	**B**
5:30 PM-6:30 PM	Hip Hop 1	2nd grade and up	Eric Ventura	**A**
5:30 PM-6:45 PM	Ballet 2/3	6th grade and up	Leigh Collins	**B**
6:30 PM-7:30 PM	Teen/Adult Cardio Hip Hop (formerly UJAM)	All levels	Eric Ventura	**A**
6:45 PM-7:45 PM	Hip Hop 4/5	Advanced Teen/Adult	Brandon Greathouse	**B**
7:45 PM-8:30 PM	Hip Hop Technique/Breaking	All levels	Brandon Greathouse	**A**

THURSDAY

Time	Class	Age / Level	Instructor	
9:15 AM-10:15 AM	Latin Cardio	All levels	Char	**A**
4:00 PM-4:45 PM	MiniRhythms Ballet	Ages 5-6	Ruby Baylis	**A**
4:00 PM-5:00 PM	Ballet 1A	2nd and 3rd grades	Alyssa Barros	**B**
4:45 PM-6:00 PM	Ballet 3/4	6th grade and up	Jennifer Couch	**A**
5:00 PM-6:00 PM	Ballet 1B	3rd and 4th grades	Alyssa Barros	**B**
6:00 PM-7:30 PM	Tap 1 and Tap 2	Youth all levels	Kelsea Adams	**B**
6:00 PM-6:45 PM	Pre Pointe/Pointe 1	Instructor placement	Jennifer Couch	**A**

FRIDAY

Time	Class	Age / Level	Instructor	
12:30 PM-2:00 PM	Movement for Parkinson's (except the first Friday of the month) **FREE**	All levels	Paula	**A**
3:30 PM-4:30 PM	Int/Adv Turns and Leaps	Intermediate/Advanced	Avery Moore	**A**
4:30 PM-5:15 PM	MiniHoppers	Ages 5-6	Sarah Singleton	**B**
4:30 PM-5:30 PM	Fusion 1-2	Ages 8-12	Avery Moore	**A**
5:30 PM-6:30 PM	Fusion 2-3	6th grade plus	Avery Moore	**A**
6:30 PM-7:30 PM	Fusion 4-5	Instructor placement only	Avery Moore	**A**
5:30 PM-6:30 PM	Intro to Ballroom (start date TBD)	All levels	Jami Wiseman	**B**
6:30 PM-7:30 PM	Ballroom Level 2 (start date TBD)	Intermediate	Jami Wiseman	**B**
6:30 PM-7:30 PM	Teen/Adult Heels (last Friday of each month)	All levels	Sierra Taylor-Cline	**B**

SATURDAY

Time	Class	Age / Level	Instructor	Studio
9:30 AM-10:15 AM	MiniRhythms	Ages 3-4	Ruby Bayliss	**A**

Register at InnerRhythms.org
Questions: info@innerrhythms.org