

**New and exciting Health & Fitness Options
for your graduation requirements!
Take health 100 and one of the following 5
dance classes as your activity.**



Afro-Cuban / Brazilian
DNCE 149 (1 unit)

All levels welcome!!

Wednesdays 6:00-9:00pm

Instructor Patriceann Mead
pmead@palomar.edu

Unique health & fitness dance class designed to introduce traditional dances from Cuba and Brazil.

All classes are accompanied by live percussionists.

Capoeira

(Spring semesters)

DNCE 153 (1 unit)

All levels welcome!!

Tuesdays and Thursdays
5:30pm to 6:55pm

Instructor Elias Fonseca
capoeiraquilombosd@gmail.com

Capoeira is a unique health & fitness class that is martial art form from Brazil and is fused with music and dance.

Ballet I

DNCE 115 (1 unit)
Monday and Wednesdays
8 – 9:25am

Ballet III

DNCE 210 (1 unit)
Monday and Wednesdays
9:35 – 11am

Instructor Molly Faulkner
HYPERLINK/ZOOM OPTIONS
"mailto:mfaulkner@palomar.edu"

mfaulkner@palomar.edu

Unique health & fitness with the elegance of Ballet.

Latin Social Dance

DNCE 151 (1 unit)

All levels welcome!!

Tuesdays and Thursdays.

2:20pm to 3:45pm

Instructor Patriceann Mead
pmead@palomar.edu

Styles from Cuba and Dominican Republic:
Rueda (aka Salsa), Rueda de Casino,
Rumba, Merengue & Bachata.

Unique health/ fitness class that cultivates your latin groove.

All Dance classes are in the performing arts complex. PAC 215 or 216 Upstairs.

Check the class schedule for specifics or other dance options.

If you have trouble enrolling, contact Patriceann Mead, Chair of Performing Arts at pmead@palomar.edu Or Molly Faulkner At Mfaulkner@palomar.edu