

Join us on the dance floor



Christine DeHart, owner

For nearly two decades, **Dancing Thru Life** has been proving it's never too late to join the dance floor. Owner Christine DeHart opened the adult-only dance studio 19 years ago after realizing there were few opportunities for adults to dance in a studio setting.

"I taught children all my life and when I was growing older I realized there wasn't a place for adults to take and enjoy dance after college," Christine said.

Today, the studio serves about 175 women ages 21 to 88. Classes include tap, jazz and some ballet from beginner through advanced levels. A seated rhythm tap and tambourine class is available for those with balance issues. Choreography is tailored for adult dancers focusing on technique and taught by four amazing teachers along with Christine. Showcasing is available for those who are interested and benefits a

children's charity.

"Dance is great exercise for both the mind and the body," Christine said. "Whether you're beginning to dance, continuing to dance or coming back to dance, this is the place to do it. We take classes, we laugh and we make new friendships all because of dance."

Call or email for additional information. The studio is hosting an open house from 2 to 4 p.m. Sunday, Aug. 16, before fall classes begin Sept. 14. The studio is located in the rear building of Winchester Plaza off Manchester Road near Baxter Road.



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