BEAUTY & HEALTH

Dance Classes
2018 Winner: Urbanity Dance

Photo Credit: Eli Akerstein
When former Boston Ballet instructor Betsi Graves founded Urbanity Dance in 2008, she put in motion a program suited to every kind of dancer. All levels limber up for a comprehensive class schedule that includes drop-ins as well as 10-week sessions in contemporary, Brazilian zouk and jazz funk—and soon all adult lessons will be at the new 725 Harrison Ave. digs. Dance like no one is watching, though one of Mckhelen Alcindor’s intense, booty-busting hip-hop classes still wouldn’t hurt.

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Balance at Urbanity Dance
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