

The Village of Tequesta welcomes



ALIST Dance Company is a new dance school planting roots in Tequesta! ALDC strives to equip students with the necessary education, guidance and inspiration for a happier and healthier future. Their mission is to teach a life-long appreciation of dance and the performing arts while inspiring self-confidence, integrity and discipline in a safe and nurturing environment.

Offering classes for all ages and levels, this is truly a studio for everyone. Children can take a coursed training through styles such as Jazz, Ballet, Tap, HipHop, Contemporary and more. For adults, they offer dance-based fitness training, such as our HipHop Cardio class and Total Mat Movement!

ALIST Dance Company holds true to the Mind, Body and Spirit Initiative, valuing the education and understanding of their students throughout their growth as a dancer. Students are taught about protecting their bodies, mental well-being and spiritual health.

ALDC has been the dream of their Owner and Creative Director, Adrianna Espinoza-Folkes, since the age of 6! After a decade of teaching at other studios around the state, as well as professionally dancing for the likes of Sesame Street and others, she is excited to grow her own studio back home in South Florida.



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