



Ann Tabor danced competitively until she was a teenager and then rediscovered dance as an adult. She is the founder and director of the Moxie Fords, a comedic tap dance troupe. She has been a member of Fluid Movement (synchronized swimming and roller ballet) since 2011 and has also performed with a variety of community theater groups in Baltimore. Ann's personal experiences, both as a child who quit dance because of teachers who did not foster self-esteem and as a returning adult dance student, have influenced her teaching style. She believes that while learning dance steps is an important goal of class, the real value of dance education for children lies in developing self-confidence, relieving stress and anxiety, improving memory retention, and of course, having fun. She also believes it is never too late to start or return to dance and is dedicated to designing classes that are both fun and challenging for adults of all skill levels.