

Fall 2019

Classes begin Saturday, September 7th 2019

- **Beginner Ballet:** Recommended for adults with little or no dance training as well as students that would like to refine and improve their technique, posture and alignment.
- **Advanced Beginner Ballet:** Recommended for adults with a minimum of one year of classical ballet experience. This class will focus on refining the basic ballet technique while introducing more advanced steps at the barre and center.
- **Intermediate:** Recommended for students with a minimum of two years of classical ballet experience. This class will continue to focus on the use of proper posture and alignment while introducing more complex combinations, concentrating on the use and coordination of arms and head.
- **Advanced Intermediate:** Recommended for students with a minimum four years of classical ballet technique. This class will offer complex combinations at the barre and center focusing on both artistry and technique.

* Tuition: 6 Classes \$120, 12 classes \$215.00, 20 Classes \$320.00, Single Classes \$30

College Student & Military Rate: 5 Classes \$75.00, 8 classes \$110.00

**Class cards are non-refundable and expire five months after date of purchase.*

New this fall!

- **New Intro to Ballet Session**
This 12-week session is specifically designed for adults with a desire to learn ballet but have no prior experience. Students learn the steps and vocabulary of a basic classical ballet barre and are introduced to center work.
Tuition: \$200
 - Fall Session: September 23rd – December 16th
 - Spring Session: dates TBD (students are strongly encouraged to participate in both sessions)
- **The Dancer's Workout®**
For course description, registration, and tuition information please visit:
www.thedancersworkout.com/mindbody

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner Ballet 11:30 – 1:00 p.m. Galdy	The Dancer's Workout® 11:45 -12:45 p.m.	Intermediate Ballet 11:30 – 1:00 p.m. The Dancer's Workout® 11:45 -12:45 p.m.	The Dancer's Workout® 11:45 -12:45 p.m.	The Dancer's Workout® 11:45 -12:45 p.m.	Adv. Intermediate Ballet 10:00 – 11:30 a.m. Yang
Intro to Ballet 7:45 - 9:00 p.m. Jonson 9/23 – 12/16	Adv. Intermediate Ballet 7:00 – 8:30 p.m. Jonson	Adv. Beginner Ballet 7:30 – 9:00 p.m. Jonson	Intermediate Ballet 7:30 – 9:00 p.m. Jonson		