

Adult Ballet!

**Spring and Summer Sessions
Now Registering!**

4 week sessions

Register online!

*Tuesday Evenings
7:00 –8:00 PM*

ADULT BALLET CLASSES ARE IDEAL FOR BEGINNERS AND/OR FORMER DANCERS. THIS CLASS IS FOR ANYONE LOOKING TO USE DANCE-BASED FITNESS AS A WAY TO ACHIEVE A HEALTHY LIFESTYLE.

THIS CLASS WILL CONSIST OF BALLET BARRE, STRETCHING, CENTER WORK AND SOME ACROSS THE FLOOR.

COMFORTABLE CLOTHING IS TO BE WORN.



Where
Friendships
Begin...

Visit our website for more information:

Selinsgrovedancestudio.com

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