

# Adult Ballet!

**Fall 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**

**1 S. Market Street, Selinsgrove, PA**

**(570)259-0043**