

Adult Beginner Ballet
6 week session begins January 5th

Mondays at the Barre

If you've never taken Ballet or if you want to refine your skills at a slower pace, this class is for you. Ballet has many benefits like developing and improving balance, strength, posture and more. It also helps relieve stress and gain focus. Come join our six week session beginning on January 5th. There will be a Mardi Gras break and a spring session to follow. One session is \$48, both winter and spring sessions for \$90 or \$10 per class. Reserve your spot today and spend Mondays at the Barre.

*It's never too
late to try
new things!*

Reserve your spot today!



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