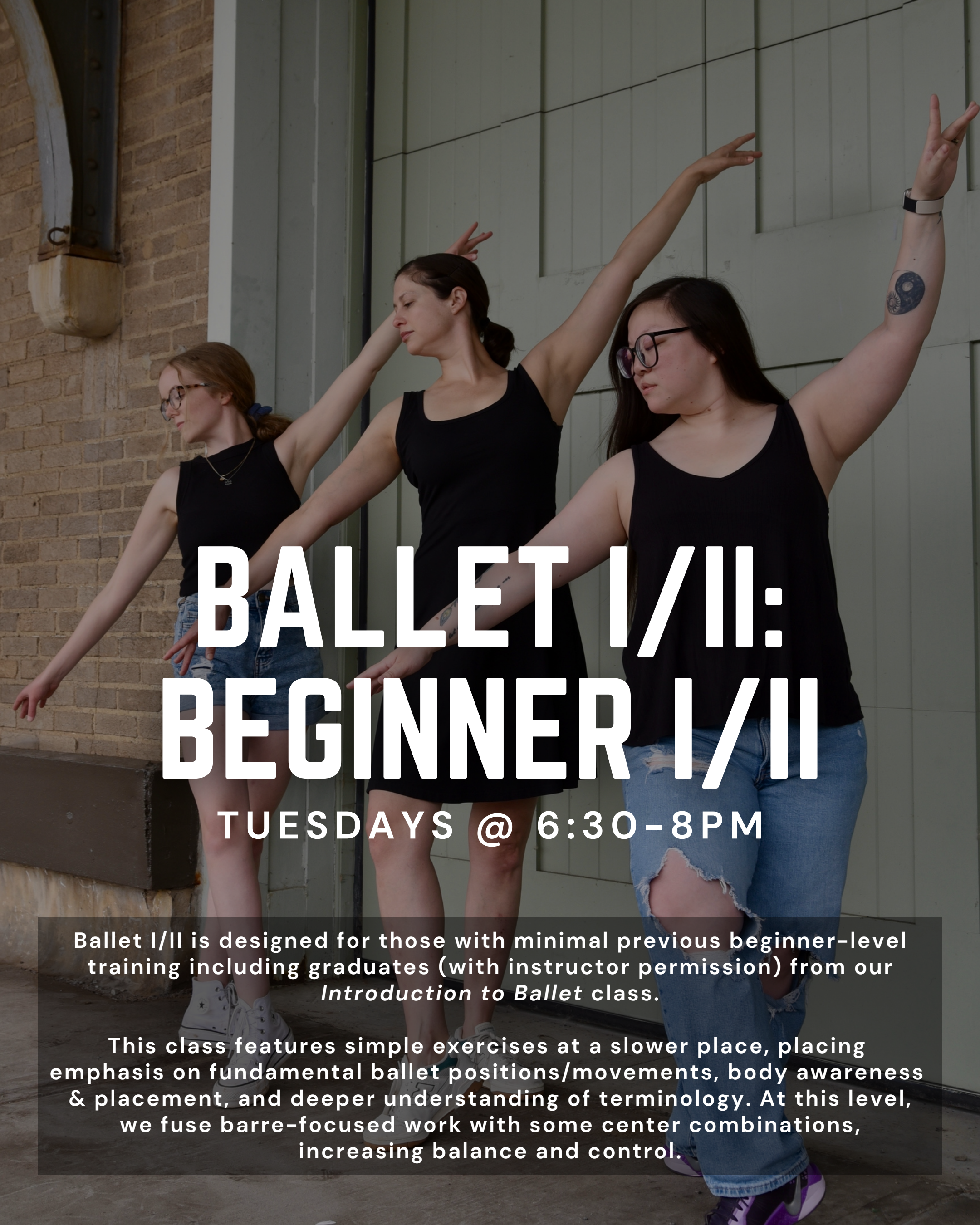




BALLET I/II: BEGINNER I/II

TUESDAYS @ 6:30-8PM

Ballet I/II is designed for those with minimal previous beginner-level training including graduates (with instructor permission) from our *Introduction to Ballet* class.

This class features simple exercises at a slower pace, placing emphasis on fundamental ballet positions/movements, body awareness & placement, and deeper understanding of terminology. At this level, we fuse barre-focused work with some center combinations, increasing balance and control.