



MAKING Moves
FITNESS & DANCE

Adult Ballet Series

Ballet 4: Intermediate/ Advanced

Wednesdays @ 6:15pm

FORMER & CURRENT INTERMEDIATE & ADVANCED DANCERS:

Return to your roots (and/or expand upon them) in our Adult Ballet 4 level, crafted specifically for those with an established foundation in classical ballet.

This class fuses our Ballet 3 & Ballet 4 levels (including dancers who have graduated from 3 into 4) and is intended for previously trained intermediate- and advanced-level dancers. Requirements: deep understanding of the classical ballet class outline; knowledge of intermediate-level movements (and ability to articulate all); command of bodily alignment & mind-body connection.

90-min
class