



MAKING Moves
FITNESS & DANCE

Adult Ballet Series

Ballet 3: Intermediate Foundations

Mondays @ 6:30pm

90-min
class

FOR THOSE WITH SOME ESTABLISHED TRAINING:

Our Adult Ballet 3 class is designed for those with baseline training who are ready to level-up their dancing with more nuanced components, introducing more complex steps and faster-paced barre & center work.

Requirements: ready knowledge of barre & center exercises; strong awareness of bodily alignment; clear understanding of the ballet class outline.