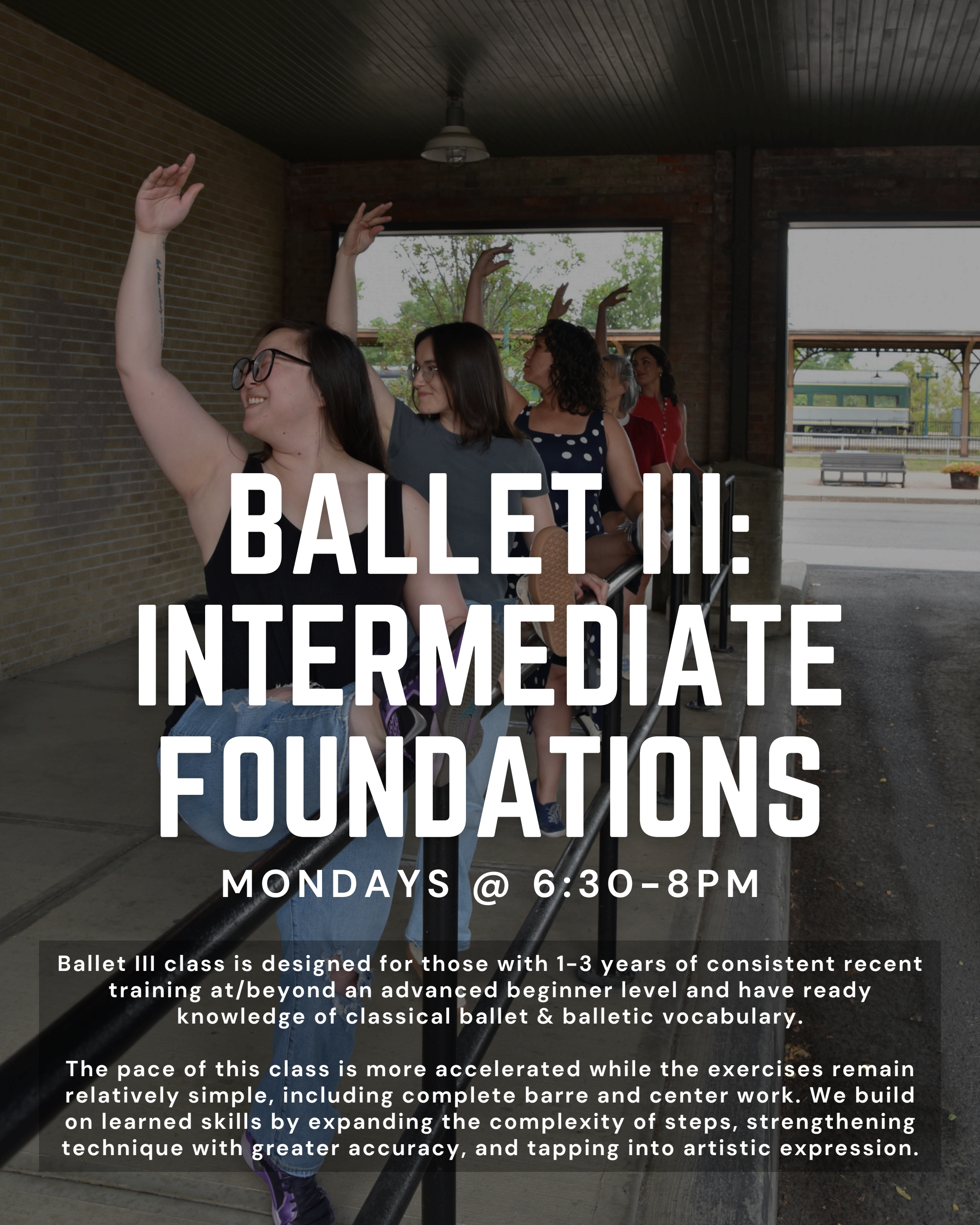


A group of women are practicing ballet in a studio. They are standing in a line, holding onto a black metal barre. The women are wearing casual clothing like t-shirts and jeans. They have their arms raised in a balletic pose. The studio has large windows that look out onto a train station with a green train and a bench. The text "BALLET III: INTERMEDIATE FOUNDATIONS" is overlaid in large white letters.

BALLET III: INTERMEDIATE FOUNDATIONS

MONDAYS @ 6:30-8PM

Ballet III class is designed for those with 1-3 years of consistent recent training at/beyond an advanced beginner level and have ready knowledge of classical ballet & balletic vocabulary.

The pace of this class is more accelerated while the exercises remain relatively simple, including complete barre and center work. We build on learned skills by expanding the complexity of steps, strengthening technique with greater accuracy, and tapping into artistic expression.