



MAKING *Moves*
FITNESS & DANCE

Adult Ballet Series



Ballet 2: Advanced Beginner

Tuesdays @ 6:15pm

90-min
class

FOR THOSE NEWER (BUT NOT BRAND NEW) TO BALLET:

Our Adult Ballet 2 class is a fusion class designed for those with previous beginner- or early intermediate-level training, including graduates (with instructor permission) from our Ballet 1: Absolute Introduction to Ballet class. We will build upon beginner material by solidifying the basics and introduce more diverse, layered choreography.

Requirements: understanding of the ballet class outline; knowledge of arm/leg positions, baseline barre and center movements (and ability to articulate all).