



STRENGTH POWER CONTROL

FALL TRIMESTER: SEP – DEC

9/10, 9/24, 10/8, 10/22, 11/5, 11/19, 12/3, 12/17

THE BALLET LAB

Cross-training designed specifically for ballet dancers to elevate technique.
Open to dancers of all experience levels! Ages 14+.

THURSDAYS @ 5:15–6:15PM

Biweekly classes beginning Sep. 10

8 classes: \$215 | Drop-in: \$30

Class makeup options available for trimester enrollees.

www.makingmovesfitnessanddance.com/theballetlab