

2020-2021 Classes

**Adults:**

Bling Shimmers (Mon/Wed 7:00-8:00p)

***Adult******Ballet Classes for Beginners/Intermediates***

This class is tailored for Adults who are beginners or who have taken Ballet in the past. Instruction can be given to accommodate either beginners or intermediates.

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Bling Glitzies (Monday 4:45-5:45p)

***Adult Barre Class***

A challenging class that combines Ballet with everyday exercises.

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Bling Razzles (Mon 11:00-12:00p)

***Adult Tone/Stretch***

Have an awesome workout learning toning and stretching exercises/techniques inspired by Ballet (on the mat and standing/moving) but helps balance/improve your back strength while also toning the body and working on creating more flexibility for any adult age!! You won’t believe how much you are working and having fun!

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Bling Bedazzlers (Thurs 9:30-10:30a)

***Senior Adult Movement Class***

This age appropriate class improves balance and strengthens muscles while meeting other Seniors and having fun at the same time with some Ballet movement!