

**2022-2023 Classes**

**Adults:**

**Bling Shimmers Beginners** (Monday 7:00-8:00p)

Introduction to Ballet teaching adults all the Ballet positions utilizing the Barre/across the floor to learn balance, strength, and more through fun and engaging steps and music. Must have 4 people for this class.

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**Bling Shimmers** **Interm./Advanced** (Wed. 7:00-8:00p)

Intermediate/Advanced Ballet continuing to work on balance, strength and learning more advanced combinations/movement at the Barre and in the center of the floor through fun and engaging steps/music.

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