

Ballet is one of the most beneficial forms of physical activity that strengthens essential muscles used in everyday life benefiting both men and women. Besides promoting cardiovascular fitness and good posture, Ballet class also helps to reduce stress. Stretching is an important essential element of Ballet.

Ballet Workout

Wednesdays 4:15pm-5:15pm

DCC Dance Studio 5th Floor #5267

Now through May 2nd

Classes Remaining for Spring 2012 Semester (excluding Spring Recess 4/11/12—no class): 3/7, 3/14, 3/21, 3/28, 4/4, 4/18, 4/25, 5/2.

No Prior Dance

Experience or Registration

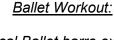
Necessary!

Open and Free

to the College Community
(students, faculty and staff)

Sponsored By Intramural

Programs



Classical Ballet barre exercises,
centre adagio, allegro and across
the floor work will be taught to tone
the body, build strength, increase
endurance & flexibility.

Dance or Exercise Apparel
and Ballet Shoes or bare feet are
Recommended!



Questions? Contact Mary Nolan, Instructor, at mnolan2@monroecc.edu.