



Ballet Workout

Wednesdays 4:15pm-5:15pm
Damon City Campus Dance Studio
5th Floor #5267
Fall Semester 2012 Begins 10/3/12

No Prior Dance Experience or Registration Necessary!
Open and Free to the College Community (students, faculty and staff)
Sponsored By Intramural Programs

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:
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.