

BALLET FITNESS

Fridays, 5-6pm, Fall Semester, 2013
Open and Free to the MCC College Community



9/20/13 to 12/13/13, Brighton Campus Dance Classroom, Building 10, Room 143
Fridays, 5:00pm to 6:00pm (No Class-Thanksgiving Break, 11/29/13)

**No Prior Dance Experience
or Registration
Necessary**



**Open and Free
to the College Community
(Students, Faculty and Staff)
Sponsored By
Intramural Programs**

**Exercise/Dance Apparel
Bare Feet/Ballet Shoes
Recommended**



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

**Ballet is one of the most
beneficial forms of physical activity
for men and women that strengthens
the muscles used in everyday life.**



**Ballet promotes cardiovascular health,
good posture and reduces stress.
Stretching is an important and
essential element of Ballet.**

Instructor: Mary P. Nolan, For more information: Call 585-292-2869 or e-mail jparrinello@monroecc.edu