



Monroe Community College
STATE UNIVERSITY OF NEW YORK

BALLET FITNESS

FIND OUT WHAT EVERYONE'S TALKING ABOUT—TRY A CLASS!

No Prior Dance Experience
or Registration Necessary

Open and Free to the
College Community
(Students, Faculty and Staff)

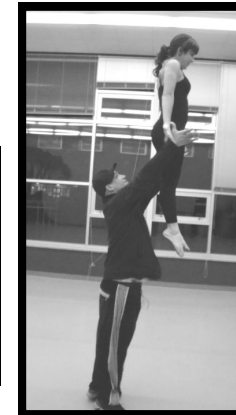
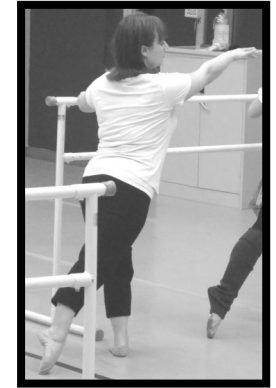
Exercise/Dance Apparel
Bare Feet/Ballet Shoes
Recommended

Classical Ballet barre exercises,
centre adagio, allegro and
across the floor work will
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.



Ballet Technique Benefits Everyone, Any Age!

Fridays, 5-6pm, Spring Semester, 2014

2/7/14 to 5/9/14, No Class during RECESS-2/21/14 or 4/18/14

Brighton Campus Dance Classroom, Building 10, Room 143

Open and Free to the MCC College Community

Sponsored By Intramural Programs

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