



Spotlight Dance Center  
Located at Spotlight Art, Dance & Wellness  
45 South Main Street  
Unionville, CT 06085  
(860) 404-1755  
spotlightdancectr@gmail.com / www.spotlightartdancewellness.com

## **ADULT BALLET / STRETCH AND TONE CLASS**

**6 classes for \$50 or \$10.00 per class**

**Mondays 11:00-11:45am**

Come in any comfortable exercise clothes/ballet shoes or socks.

This class offers a series of toning exercises that incorporate the basic fundamentals of ballet, which will be learned or reviewed for the less advanced student. We also stretch from head to toe and LOVE to do stomach crunches, as it keeps our core tight!! You will leave feeling relaxed and energized!!!!

This class does some exercises and stretches on the floor.

**If you are coming for the first time, please send us an email or call us.**

**Classes begin September 10<sup>th</sup>, 2018**