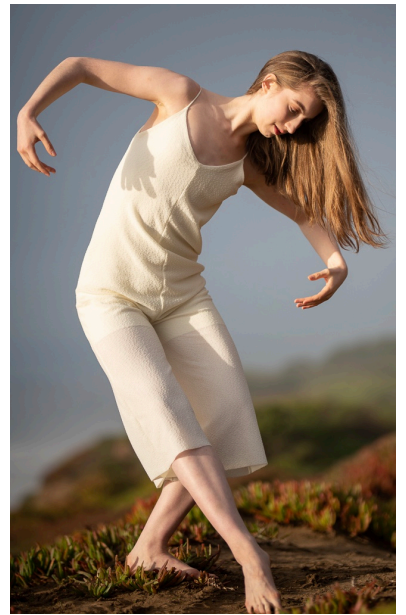


Ballet Fitness with Ms Nika

For Teens and Adults

Mondays
7PM – 8:30PM

Studio 1



Ballet Fitness is a combination of classical ballet technique and conditioning/stretching exercises. It is designed for adults and teens of all levels and abilities who want to increase their strength, alignment, and flexibility in a fun and supportive environment through the study of ballet!

Ballet Fitness will be tailored for beginners and those with some dance experience. If you have a student at the Dance Garden and have wanted to try ballet yourself, here is your chance!!

FEES

FIT card: 10 classes \$150 (good for 12 months)
\$20 drop in

ANNUAL INSURANCE FEE (\$35) REQUIRED

REFUND POLICY – Unused Tuition should be applied to another class, camp or activity before MAY/2023 or donated to the Student-In-Need Program

Questions and to Sign Up: Contact msmarian@dancegardensf.com or msnika@dancegardensf.com

FORMS REQUIRED

Registration Form

Classes take place at the Dance Garden, 5841 Geary Blvd/22nd + 23rd Ave/SF,CA 94121;
415.377-2351/ www.dancegardensf.com