

Fit It In! Adult Classes

No Experience Required!



Ballet

Instructor: Julie Fitzgerald

"Learning Ballet at any age for those who have always wanted to but missed their chance."

A complete body toner/physical conditioner... This 60 minute class begins working at the barre gradually introducing different muscle groups into action. Gentle stretching increases flexibility and circulation. Centre floor work uses ballet steps to build stamina and strength. Proper terminology will be learned.

8 Week Session: 4/7/21 - 6/2/21
(no class on 4/21/2021)

Ballet 3+ students \$200.00

Ballet 2 students \$400.00

Totalbarre 3+ students \$160.00

Totalbarre 2 students \$300.00

If you are new to adult classes at Dance It Up!, we welcome you to attend a trial class. The cost of the ballet trial class is \$30.00 and Totalbarre is \$25.00. If you join, we will apply the trial class fee to the session price.

Please register for the session online at www.danceitup.com/register

We will prorate the cost of the session based on when you register.

Private lessons are also available; please call the studio to schedule.

1 hour \$80.00, 45 minutes \$60.00, 30 minutes \$40.00

All classes are offered in-studio or via zoom. You may choose from week to week how to attend. Until further notice, everyone entering the studio or boutique must wear a face covering at all times.

Totalbarre

5:30-6:15 Wednesday

Ballet

7:30-8:30pm Wednesday

Privates upon request



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A high energy and empowering full body workout set to today's most recent music. It is a combination of ballet, Pilates and yoga techniques, however, no dance experience is required. Barre focuses on postural alignment, toning, strength and flexibility conditioning. Barre will benefit participants of all fitness levels and you will leave you feeling stronger!

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