

ADULT BALLET

Exercise Classes

Saturdays at 2:00pm

*A unique ballet experience – for everyone
No experience necessary*

There are many reasons to learn ballet and lots of ways to enjoy it.

As with many things, we don't always keep up our childhood interest into adulthood.

Ashley Duke has a course especially for those who want to rediscover the pleasure of ballet and regain the fitness, strength, poise and grace that comes with it!

Remember - It's never too late – and you're never too old – to start to enjoy ballet. So discover for yourself a new way to exercise, keep fit and stay in shape at a special Ballet for Adults class.

\$15 drop in or 10 classes for \$100

