

Summer at Allegro 2019

Dance Conditioning

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Cross Training

July 10, 17, 24, 31 5:15pm-5:45pm
Ages 11 and up \$55 (\$65 after May 1st)

Educating dancers on safe and effective strengthening and stretching exercises is a very important element in their development. This class will feature exercises from Progressing Ballet Technique (a ballet-specific cross-training program), Pilates, Barre and Yoga to strengthen dancers deep core and turnout muscles, and increase their flexibility.

Teen Ballet

July 11, 18, 25, Aug 1 7:45-8:45 pm
\$60 (\$65 after May 1st)

Calling all dancers! Whether it has been a few years since your last dance class, or you are a versatile dancer looking to strengthen your technical foundation, this is a great opportunity to grow this summer. This class will focus on proper body alignment, developing movement sequences through coordination of the arms and head, and exploring your personal artistry.

Adult Ballet

July 9, 16, 23, 30 7:45-8:45 pm
\$60 (\$65 after May 1st)

When it comes to building strength, grace, and flexibility, ballet is one of the best workouts available! Whether you are inspired by childhood memories, wanting to maintain or further your technique or trying ballet for the first time, this class is for you!