

ADULT BARRE

Come have fun with Ms. Aimee!

***\$112 FOR 10 CLASSES!
WEDNESDAYS @7:30-8:15PM***

***CLASSES START- OCTOBER 5TH
LAST CLASS ON - DECEMBER 14TH***

NO CLASS ON NOVEMBER 23RD

In this class, we will use the principals of ballet and the tried and true repetition of small specific motions to make a big impact on your strength and stability. We will explore low impact exercises to get your heart rate up--just a bit--and core strengthening that won't be "a pain in your neck." This is a class for all levels of fitness! No shoes needed--socks are perfect!

Classes are taught by qualified dance instructors in a family friendly environment at:

Stella Dance Studio
720 St. Croix Street Ste 118
Prescott, WI 54021

Register online at www.stelladancestudio.com. Click on "register", then log in or create an account. When prompted to enroll in a class, select 'Adult Barre 2022 Fall' season. You can also register at the studio or email Stephanie at stelladancestaff@gmail.com.