

Academy Of Ballet

Adult
Teen

6375 Spalding Drive, Suite A
Norcross, GA 30092
770-242-6379

Body Harmony

Tuesdays 10:00-11:00AM

A therapeutic blend between a trip to the spa and a visit to the chiropractor's office. Gently combines the rhythmic exercises of pilates and the physical postures of Asana yoga. Designed to stretch, strengthen, and tone your entire body. Helps reduce tension without stressing your joints.

Mat Pilates

-Thursdays 10:00-11:00AM-

Classical style of pilates represents a unique approach to "full body fitness". Improves posture, balance, and self awareness. Designed as a "Mat-based" exercise focused on the center/core of the body where the initiation of movement comes from.

Hooping

-TBA-

Our hooping class can take 2 inches off of your waist while trimming your thighs and burning calories. A complete fitness routine providing your body with flexibility, fitness, weightloss, mobility, and coordination.

Chair Cabaret

-Wednesdays 11:00AM-12:00PM-

A sensual approach to a full body workout. With combination of dance, seduction and exercise. It is a true performing art that will increase flexibility and endurance. Straight from the Haus of Amsterdam and direct from the stages of New York, our chair class can be compared to no other fitness class.

Dance Fusion

-Thursdays 6:30-8:00PM-

A fusion of dance styles including Hip-Hop, Jazz, Modern, and Ballet.

Tap

-TBA-

A tap class designed with teens and adult dancers in mind.

Class Fees

11 Week Series

Aug. 31-Nov. 19, 09

Single Class	\$15.00
6 Classes	\$80.00
11 Classes	\$135.00
22 Classes	\$240.00
33 Classes	\$320.00
44 Classes	\$395.00

To Register:

www.academy-ballet.com

or Call

770-242-6379

*Studio Closed Monday September 7th, 2009

All Classes to be completed by November 19, 2009