



**Ballet
Hispanico**
School of Dance

ADULT BALLET FITNESS

Class Information

Ballet Fitness classes are recommended to those who wish to build solid technical foundations in ballet, stay in shape, as well as prevent and recover from injuries. This class focuses on floor barre technique as well as center ballet work. Here, you will have the opportunity to learn to connect with and understand your body better; kick-starting the process of a better you. Ballet Fitness is for anyone looking for a low-impact form of exercise that will focus on strengthening their core and extremities using different targeted exercises to keep the body challenged. Our goal is to empower a healthier you by incorporating Ballet Fitness into your everyday life.



Victoria Vargas
is the creator
of The 5th
Position
Method, a

recognized floor barre concept among professional ballet dancers and by the new emerging generation of dancers, and has over 40 years of experience as a professional dancer. She is dedicated to training teachers in the discipline of teaching Ballet through kinesiology.

As a professional ballet instructor, she offers a high level of dance and fitness practice.

Tuesdays
7:15-8:15 PM

Dates:
October 4, 11, 18, &
25, November 1, 15,
22, & 29,
December 6

9 Classes for \$190

OR

Thursdays
7-8 PM

Dates:
October 6, 13, 20, &
27, November 3, 10,
& 17, December 1 &
8

9 Classes for \$190

*Register for either of the above class packages on
Mindbody, linked [here](#).*

RECOMMENDED ATTIRE:

For tops, dancers may wear athletic t-shirts, tank tops, or leotards.

Acceptable bottoms include yoga pants, leggings, or other movement friendly athletic-wear.

Toe Socks encouraged and available for purchase from the School of Dance office. Regular socks and ballet slippers are acceptable as well.