

ADULT CLASSES **NO EXPERIENCE NECESSARY!**

BALLET ~ Fridays 7:45-8:30pm

The foundation for all other forms of Dance, Ballet combines strength and grace to demonstrate exceptional athleticism with the appearance of effortless. The elements of strength, balance and grace combined, make this a dance form that provides a total body and mind experience. First time participants can wear socks or bare feet, but are encouraged to wear ballet shoes for any classes that follow. Comfortable fitted clothing suggested.
Teacher: Miss Mercedes



STRENGTH/STRETCH ~ Fridays 7:00-7:45pm



Looking for a Dance fitness class or looking to improve your technique, tone your muscles and increase your range of motion, then this Dance fitness class is for you.

Join Mr Jose as he gets your body moving! Even enjoy a small introduction to Contemporary movement!

Comfy Clothes & Bare Feet required

Classes are \$56.50/each/month

We accept Monthly Payments, We know life happens, you are not committed for the entire season, you can stop at anytime.

Please Note: Class times are subject to change

**CALL OR EMAIL TO REGISTER 905-765-3223 INFO@STARSONSTAGE.CA
CLASSES BEGIN SEPT 14th**