



**MINI SESSION**

**ADULT CLASSES**

**JUNE 8 - JULY 2**



***MONDAYS***

***7:30 - 8:30***

***AGES 18+ YEARS***

***ADULT BALLET***

OUR OPEN LEVEL ADULT BALLET CLASS IS DESIGNED FOR DANCERS OF ANY AND ALL EXPERIENCE LEVELS WHO ARE LOOKING TO TRAIN, REFINE, AND RECONNECT WITH CLASSICAL TECHNIQUE IN A SUPPORTIVE AND ENCOURAGING ENVIRONMENT.

CLASS INCLUDES A TRADITIONAL BARRE AND CENTER COMBINATION WORK, FOCUSING ON ALIGNMENT, STRENGTH, FLEXIBILITY, AND ARTISTRY. MODIFICATIONS AND PROGRESSIONS ARE OFFERED SO DANCERS CAN MOVE AT THEIR OWN PACE.

**IAM OFFERS OTHER GENRES THROUGHOUT THE YEAR FOR ADULTS. DUE TO SCHEDULING ADULT BALLET IS OUR SCHEDULED ADULT CLASS FOR THE MONTH OF JUNE, WITH MORE OPTIONS COMING IN JULY**