

New Session



Ballet for Balance

Mondays 10:00 – 10:45 am

Jan 6 – Mar 17, 2025

Except Feb 10th

\$105.00 per person 10 weeks

Feel the grace and elegance of Ballet and join Paula for a beautiful "Ballet for Seniors" class.

No previous dance or ballet experience is required. This class will focus on the most basic ballet movements in a very gentle manner. All movements can be modified to suit the participant.

The class will consist of a warmup, barre exercises (using a chair for balance) and some basic centre floor work. Ballet is incredible for strength, posture, balance and flexibility as it uses the entire body.

Footwear: Participants must wear ballet slippers or soft dance shoes (running shoes will not work for this class)
Comfortable clothing for easy movement.

Ballet slippers can be purchased at
City Dancewear, 5403 Crowchild Trail NW
403-288-3060

Should you have questions or concerns please email
Paula at paula@dancethroughlife.ca

West Hillhurst Go-Getters – 1940 – 6 Avenue NW, Calgary