

# BALLET BODY™ BARRE & ADULT DANCE CLASSES



## In-Person & Virtual (Zoom) Schedule

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY  |
|--|---|--|---|--|--|---|
|  |   |  |   |  |  |   |
|  |   |  |   | 10:00-11:15 (I/V)<br>Ballet Body™ Barre<br>(Beyond Beginner) |  |   |
| 10:30-11:45 (I/V)<br>Ballet Body™ Barre<br>(Beyond Beginner) |   | 11:00-12:15 (I/V)<br>Ballet Body™ Barre<br>(Beyond Beginner)                 |   |  | 10:45-12:00 (I/V)<br>Ballet Body™ Barre<br>(Basic) | 11:00-12:15 (I/V)<br>Ballet Body™ Barre<br>(Beginner) |
|  |   |  |   |  | 12:15-1:30 (I/V)<br>Ballet<br>(Beginner)           |   |
|  |   | <b>KEY</b>   |   |  |  |   |
|  |   | (I)  | In-Person only                                      |  |  |   |
|  |   | (V)  | Virtual Only  |  |  |   |
|  |   | (I/V)  | Hybrid<br>(In-Person & Virtual)                     |  |  |   |
|  |   |  |   |  |  | 5:00-6:15 (I/V)<br>Ballet Body™ Barre<br>(Beginner)   |
| 6:00-7:15 (I/V)<br>Ballet Body™ Barre<br>(Beginner)          | 6:00-7:15 (I)<br>Ballet Body™ Barre<br>(Beginner) | 6:30-7:45 (I)<br>Ballet Body™ Barre<br>(Basic)                               | 6:00-7:15 (I/V)<br>Ballet Body™ Barre<br>(Beginner) | 6:30-7:45 (I/V)<br>Ballet<br>(Beginner)                      |  | 6:30-7:45 (I/V)<br>Ballet<br>(Beginner)               |
| 7:30-8:45 (I/V)<br>Ballet<br>(Advanced Beginner)             | 7:30-8:45 (I/V)<br>Ballet<br>(Advanced Beginner)  | 8:00-9:15 (I/V)<br>Character Ballet /<br>World Dance Workout<br>(Open Level) | 7:30-8:45 (I/V)<br>Ballet<br>(Beginner)             | 8:00-8:30 (I/V)<br>Pointe (Open Level)                       |  |   |
|  | 9:00-9:30 (I/V)<br>Pointe (Open Level)            |  |   |  |  |   |
| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY  |

### BALLET BODY™ BARRE

**Basic:**

W 6:30-7:45 (I only), Sa 10:45-12:00

**Beginner:**

T 6:00-7:15 (I only), Th 6:00-7:15, Sa 10:30-11:45,  
Su 11:00-12:45, Su 5:00-6:15

**Beyond Beginner:**

M 10:30-11:45, M 6:00-7:15, W 11:00-12:15, F 10:00-11:15

Classes may be subject change or cancellation. It is recommended to reserve in advance.

### BALLET:

**Beginner:**

Th 7:30-8:45, F 6:30-7:45, Sa 12:15-1:30, Su 6:30-7:45

**Advanced Beginner:**

M 7:30-8:45, T 7:30-8:45



**Pointe (½ hour add-on):**

T 9:00-9:30, F 8:00-8:30 (warm-up not included:  
attendance in a previous class on the same day required)

**Character Ballet/World Dance Workout:**

W 8:00-9:15

Beginning 12/26/2021

**For More Information on Ballet Body™ Barre:** [www.balletbodybarre.org](http://www.balletbodybarre.org) [balletbodybarre@aol.com](mailto:balletbodybarre@aol.com)  BalletBody™ Barre  
Ballet & Body 325 E 65, NYC 10065 (646)-852-6545 [www.balletandbody.com](http://www.balletandbody.com) [balletandbody@aol.com](mailto:balletandbody@aol.com)  Ballet&Body

## REGISTRATION

Due to COVID concerns, Adult Students should make purchases and reservations for classes on MindBodyonlin.com which may be reached through the "Book a Class" button on our websites.. An account must be set up on MindBody for our studio and a credit card enabled. If this is not an option, call (646)-852-6545 for special arrangements.

All purchases apply to both In-Person and Virtual attendance. Single and Packages purchased may be applied to classes of equal or lower value (Ballet Body Barre Class Packages may be also be used for Dance Classes).

| <u>FEES &amp; Special Promotions</u> | <b>Ballet Body™ Barre</b><br>(purchases may also be applied to classes of lower price)              | <b>Adult Dance Classes Ballet (all levels), Tap</b>  | <b>All Classes (Ballet Body™ Barre &amp; Adult Dance Classes)</b>   |
|--------------------------------------|---|--|---|
| <u>TRIAL CLASS</u>                   | \$20  | \$20<br>(Trial Pointe \$12)  | \$20  |
| <u>SINGLE CLASS</u>                  | \$37  | \$30<br>Single Wksp Class \$35<br>Pointe Class (½ Hour) \$15   |   |
| <u>10-CLASS CARD</u>                 | 10 Classes for \$300<br>(3 month expiration)<br><br>w/Senior (62+) Discount<br>10-BBBarre for \$280 | 10 Classes for \$265<br>(3 month expiration)<br><br>w/Senior (62+) Discount<br>10-Dance for \$240<br>10 Workshop Classes for \$300<br>10 Pointe Classes (30 min) for \$140 |   |
| <u>20-CLASS CARD</u>                 | 20 Classes for \$560<br>(4 month expiration)<br><br>w/Senior (62+) Discount<br>20-BBBarre for \$500 | 20 Classes for \$460<br>(4 month expiration)<br><br>w/Senior (62+) Discount<br>20-Dance for \$440  |   |
| <u>SPECIAL CLASS PACKAGES</u>        | 8 BBBarre for \$220<br>(6 week expiration)  | 8 Dance Classes for \$188<br>(6 week expiration)   | 12 Classes for \$276<br>(1 month expiration)<br><br>Special Introductory offer<br>1 <sup>st</sup> Month Unlimited \$185<br>(1 month expiration) |

**PROFESSIONAL RATE: \$18 single for Ballet Body Barre or Dance class** AGMA, AGVA, AFTRA or AEA Union Card required

**Ballet Body™ Barre** is a different kind of barre workout: a careful, low impact form of exercise, emphasizing correct and use of the body using principles of classical ballet which have a long history of shaping beautiful bodies. **Ballet Body™ Barre** class consists of 30 minutes of ballet and yoga stretches followed by 45 minutes of ballet barre doing AUTHENTIC training exercises that ballet dancers do everyday to condition their muscles and prepare them to dance resulting in lengthened, toned muscles and elegant posture.

**Adult Ballet** class consists of a ballet barre warm-up followed by center work where learning ballet steps moves the entire body in space for a more intense aerobic challenge. Classes are taught in a comfortable, non-competitive environment, with small classes affording time for individual attention.

Class cards for adult students are strictly non-refundable and non-transferable. Adult class card holders who are not able to take their 10 or 20 classes by expiration may take a class at an equal or lesser rate before the date of expiration. There are no extensions. Adult classes are on-going throughout the year and a class card may be purchased at any time.

### BOOKING YOUR CLASS

Please reserve your spot in class through our website or MindBody in advance, classes with less than 2 reservations are subject to cancellation. However, if you reserve and are not unable to attend you will not be charged for your class, but you should cancel your reservation at least 30 minutes before the class to avoid a possible \$5 fee.

### DRESS SUGGESTIONS AND GUIDELINES

For Ballet Body™ Barre classes you can wear leggings and a top, workout clothes or dance clothes. Socks are fine. We sell ballet slippers – if you become a member (purchase a class package), it is advisable to let us fit them on you. **Street shoes are NOT permitted in the studio.**