

Adultt Ballet

Ballet is a expressive form of dance that is aimed at building core strength, improving balance and posture and developing flexibility. Classes concentrate on specific exercises which are then incorporated into dance sequences creating flowing movements.

It is an ideal form of exercise for adults who may have had some previous dance experience or for total beginners.

Thursdays 5.45-6.45pm

From 5th May

Contact Penny on 07891 250926.

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