

KEEP MOVING!

HAVE FUN!

MEET NEW FRIENDS!

ALL AT ***BALLET FIT BASIC!***

The perfect class for the older adult, individuals with balance or mobility challenges, and those recovering from injury!

Ballet offers great benefits! But you don't have to dance...you don't have to have EVER danced to experience the benefits you will get in a ***Ballet Fit Basic*** class.

Ballet Fit Basic incorporates stretching and simple positions of ballet as a form of low keyed/low impact exercise for adults. The class will improve balance, flexibility, and strength, using fun music from decades past.

- Adaptations within the class offer participants the ability to take the class while standing or seated in a chair.
- The ballet "barre" becomes a great benefit to assure balance.
- Low intensity and low impact, but still a great workout.
- Builds balance, flexibility, strength, and grace, while connecting with new friends in a fun and upbeat environment.
- Improves thinking and memory skills! Studies show that brain fitness is linked to physical activity, especially music and dance!
- Benefits mood, is fun, and can be a creative outlet.
- Get fit and stay fit with Ballet Fit Basic!
- A drop-in class that allows you to start any time and come when you can!

Thursdays

10:45am-11:45am

AT BALLET AUSTIN'S BUTLER COMMUNITY SCHOOL!

501 W. 3rd Street

For more information call Vicki Parsons at 512.476.9051 ext. 126
or email vicki.parsons@balletaustin.org



BALLET FIT BASIC

- For older adults
- For those recovering from injury
- For individuals with movement or balance challenges

Bring in this coupon & redeem for **FOUR FREE Ballet Fit Basic** classes at the Butler Community School in support of

Falls Prevention Awareness Week 2010

FREE BALLET FIT BASIC!

Limit **one** redemption per person
Offer expires 10.28.10

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Class taught at ballet Austin's beautiful Butler Dance Education Center. Keep moving longer and with ease with *Ballet Fit Basic!*



Curriculum developed by Vicki Parsons, Certified Senior Exercise Instructor. Class taught by Brittany Shackelford, Certified Pilates Instructor