

# The Ballet & Dance Center

*Professional Faculty Teaching the Love of Dance to All  
At a State of the Art Dance Facility!*

## Dance for Fitness Division 2011-12

### **Dance**

---

Ballet, Continuing Tuesday 7:30-8:45pm

Ballet, Intermediate Wednesday 7:00-8:15pm

- Class Cards as follows - \$75 for 6 classes, \$110 for 10 classes, \$150 for 15 classes, expires in 3, 5 & 7 months respectively. Drop In fee \$14. Classes begin Sept 13<sup>th</sup>.

Intro to Dance! Wednesday 8:15-9:15pm

- \$110 per 10 week session. Current session Sept 14<sup>th</sup> to Nov 16<sup>th</sup>.

Ballet - Beginning/Continuing Thursday 11:45am-1:00pm

- \$110 for 10 week session. Current session Sept 15<sup>th</sup> to Nov 17<sup>th</sup>.

### ***Stott Pilates***

---

Stott Pilates exercise improves core strength and balances the muscles around the joints, improving the way your body functions, looks, and feels.

Thursday 1:00-2:00pm with Karen Menter

- \$110 per 10 week session. Current session Sept 15<sup>th</sup> to Nov 17<sup>th</sup>.

### ***Zumba***

---

Zumba is a unique blend of dance and exercise designed to put the fun back into fitness. No dance experience is required. Zumba takes exciting Latin dance moves and turns them into simple and easy to follow dance steps. Zumba 101 Combine this with music inspired by the Salsa, Samba, Merengue, and Reggaeton, and it's all out fun!

To be determined

- \$75 for 10 week session.
- Sessions can be prorated to your start date, \$7.50 times the number of weeks remaining in the session

**Call 446-6600 or email [kfalcone@TheBalletAndDanceCenter.com](mailto:kfalcone@TheBalletAndDanceCenter.com)  
3470 Erie Blvd. East, P.O. Box 375, Dewitt, NY 13214**

# The Ballet Dance Center

*Professional Faculty Teaching the Love of Dance to All  
At a State of the Art Dance Facility!*

## Dance for Fitness Enrollment Form

Name \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

Phone #s \_\_\_\_\_

Email address \_\_\_\_\_

Medical Conditions or Restrictions \_\_\_\_\_

Emergency Phone #s \_\_\_\_\_

I, \_\_\_\_\_, the enrollee understand that Fitness & Dance is a hazardous activity from which all risk of injury cannot be eliminated. I consent to my participation in The Ballet & Dance Center's activities and I assume the risks incidental to my participation.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Payment received \_\_\_\_\_ Date \_\_\_\_\_

(office use only)

**Call 446-6600 or email [kfalcone@TheBalletAndDanceCenter.com](mailto:kfalcone@TheBalletAndDanceCenter.com)  
3470 Erie Blvd. East, P.O. Box 375, Dewitt, NY 13214**