



Want to improve your game?

JUMP & TURN JUST FOR THE BOYS!

Who says dance only belongs on the stage?
Athletes of all sports have been using classical dance to improve their game and prevent injury for a long time!



Dance is art, exercise and sport all in one.

Oliver Till, former Soloist with Birmingham Royal Ballet in England leads this fun and energetic class.



- Total body workout
- Improve balance
- Gain greater flexibility
- Increase speed, strength and endurance
- Become a team player
- Boost self-confidence
- Develop discipline and focus
- Music appreciation
- Jump higher
- Cross train

Raise the barre, boys.
Coming Fall 2018
Fridays 4-5 pm

Please call for info or to register

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