



Benefits of a Barre Workout:

- Sculpted arms & abs
- Stronger core & back
- Increased flexibility
- Better mobility & endurance
- Improved posture
- Increased mind-body connection
- Low-impact workout

\$75 for 5 classes

Classes are offered in groups of 5 to provide the best value to our students. Payment in full is due upon registration and is non-refundable (unless class is cancelled) and non-transferrable.

Minimum of five students required to run the class.

How to Register:

By Mail: Send in the attached form with payment to the address provided

By Email:
radomileacademyofdance@comcast.net

By Phone: (610) 446-8844

Ballet Barre Fitness

A unique workout combining classical ballet techniques and strength training to tone the body using barre work, isolated exercises and one's own body weight. Ballet Barre Fitness delivers a one-hour, full body workout that centers on creating a strong, lean and tone "*dancer-like*" body.

No dance experience? No problem, this class is for everyone!

New Class for Fall Thursdays 9:00 - 10:00 am

About the Instructor: Elena Martinson is an internationally- known professional ballet dancer who moved from Russia to the United States in 1990. She is a graduate of the renowned Vaganova Academy of Russian Ballet in St. Petersburg. Elena has traveled the world as a member of several ballet companies including the Kirov Ballet, Moscow Ballet and the Fort Worth Ballet in Texas before launching a career as a teacher and choreographer.

Radomile Academy of Dance

564-566 Brookline Blvd., Havertown, PA 19083
(610) 446-8844 - www.radomileacademyofdance.com

Ballet Barre Fitness Registration Form

Student Name: _____

Date of Birth: _____ Age: _____

Parent Name: _____

Parent Cell #: _____

Parent Email: _____

Address: _____

Emergency Contact/Phone #: _____

Amount of Payment: _____ Check #: _____