



New! Ballet Fitness Workshop

Looking for a new fun, light-hearted class to teach? Would you like to embrace your inner ballerina?

Spice up your toning classes with some Ballet moves....did you know....Victoria Beckham attributes her post baby body to her ballet workouts!

Our unique, fun, enjoyable Ballet Fitness workshop will enable you to help your class members develop a strong, long, and lean physique. No need to be a dancer to enjoy and teach Ballet Fitness we provide you with all you need including class plans and appropriate music to set up your own Ballet Fitness class.

Why you should attend?

You will learn a range of basic ballet moves which concentrate on fabulous posture, grace and poise. (Pre requisite ETM Level 2 or Pilates qualification)

The content of the class enhances increased flexibility and a long, lean physique

This highly topical method of exercise is divided into sections, starting off with barre work which incorporates basic ballet moves focusing on the upper body to help create defined shoulders, arms and a beautiful back. Layering onto this the class will begin to target glutes, hips and thighs. The core strength section of the class targets the deep intrinsic abdominals. Results...a fabulous honed and toned body.

Cost ? £125.00 When & Where?

- Date: Saturday 11th February, 9:30am- 5.:30pm
- Venue: Realistic Pilates Studio, The Stables, 38 Baileyfield Road, Edinburgh, EH15 1NA



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