



BALLET / YOGA FUSION

6 WEEK SESSION
OCTOBER 4TH THRU NOV 8TH
THURSDAYS
12:30-2:00 PM

CLASS DESCRIPTION:

Ballet barre, progressions, strengthening work and technique. Center mat work for stretch / yoga practice, Class concludes with an essential oil shoulder press at the end for relaxation.

Join us for a really beautiful combination of classes!

INSTRUCTOR: *Kim Pfeifer*



WORKSHOP FEE:
\$175.00 PER PERSON

**Advanced Registration
Required**

OPEN LEVEL CLASS

REGISTER ON LINE

www.InfiniteMotion-PAA.com
Class size is limited

**Click the link for Online
Registration
And Select Workshops**

WHAT TO WEAR

**Comfortable Clothing you can
Move in!
Ballet Shoes Required**



**INFINITE MOTION
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