

## Spring 2026 Adult Classes with Tennessee Ballet Theater

We welcome the beginner to advanced, or college student, and the professional to take classes in an upbeat atmosphere with Memphis's best instructors. For those that would love to add dance back into your fitness regime, we guarantee this is the fun workout you have been looking for! For information or adult private lessons, please contact [ama1678@yahoo.com](mailto:ama1678@yahoo.com)

### ADULT BALLETT JANUARY - MAY

Class Description: Beginner to advanced levels of French and Russian style Ballet - All levels of dancer from the beginner to the professional love learning the secrets to Russian ballet training including the elegant hands and arms, combre, strength, elongation, high jumps, and strong turns, in the upbeat atmosphere of Tennessee Ballet Theater/Children's Ballet Theater. (Teens age 15-up are also invited to attend).

#### Fridays

10:00am to 11:00am Beginner Ballet - Alyssa Abbas

Mondays, Wednesdays, and Fridays

11:15am to 12:30pm Intermediate Ballet - Alyssa Abbas

Pricing for ballet Adults & Professionals:

\* Monthly Members - Payment is due the first class week of each month

- Special pricing In-Studio Trial Class \$20 - Drop in (For new students only)
- Monthly unlimited one day a week class card \$65 - Valid for one day a week (Must be the same day each week. No makeups)
- Monthly unlimited week day class card \$165 - Valid for all daytime classes. ( Doesn't include Saturdays )

#### Saturdays

NEW EXERCISE CLASS Ballates!

Class Description: An invigorating blend of BALLETT and PILATES principles to strengthen, lengthen, and tone!

No prior experience needed!

ball.ATES

Starts: January 10

2:45-3:45pm Saturdays - Cami Curran

Contact Cami Curran at 901-831-1061 to enroll in this class

#### Attire & Information

Dress Attire information for adults is available on our dress code page. Please bring a hand towel for sweat. Ballet shoes are required in order to protect the floor, no bare feet and please wear other shoes when you are coming and going from the building.