

## Spring 2025 for Adults

January 27 - May 16

No Class March 10, 12, 14

\* Monthly Members - January & May pricing will be set at a Drop in fee of \$20 per class

### Fridays

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

Mondays, Wednesdays, and Fridays

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

Please contact us for additional Beginner Ballet classes is available [erinwalter93@gmail.com](mailto:erinwalter93@gmail.com)

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 [erinwalter93@gmail.com](mailto:erinwalter93@gmail.com)

### Pricing for Adults & Professionals:

- 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 class card \$155 - Valid for all daytime classes

### 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.

### 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 for pointe work. Please remove your shoes, and put your bag on one of the shelves when you enter the studio area.