

Stretch and Strength Workshop



Sunday January 28, 2018

11:00 am - 12:30 pm

Cost: \$25

Must pre-register

Would you like a different kind of exercise class?

Stretch and strength class at MSB is a unique exercise class taught by Paula K. Shiff. The pace of the class and the exercises are designed to suit each individual.

Learn exercises outside the dance vocabulary to aid the development of better alignment, flexibility, core strength and body awareness.

REGISTRATION FORM

Please make checks payable to *Marblehead School of Ballet*.

MARBLEHEAD SCHOOL
OF *Ballet*

Name _____

Address _____

Home Phone _____ Work or Cell Phone _____

E-mail _____

I would like to register for: ___ Stretch and Strength Workshop _____ Ammount Enclosed