SPRING SESSION 2
MARCH 18-MAY 6
MONDAYS 6-7PM

NEW CLASS
BEGINNER BALLET

Whether you're an athlete looking to enhance precise footwork, balance, and flexibility, a former dancer needing an outlet again, or just wanting to try something new, beginner ballet introduces the fundamental skills transferable to many other fitness interests. This class will teach you the foundational techniques of proper barre, focus on the mind-body connection of strength and alignment, and develop the core control needed for injury prevention. This is a classical ballet class, different from new "barre" studio classes. No experience needed.

REGISTRATION IS FREE

SPACE IS LIMITED! To register head to the SIRA website and fill out the SIRA Fitness Registration Form

Instructor: Natalie DeCesare is a SU alumna who has practiced classical ballet since she was three. When at SU, she assisted in teaching the barre credit class, and has taught children's ballet for years.

Questions/Comments
SIRA Office, CJR 214
512-863-1606