

MOVEMENT PROTECTS THE MIND AND BODY FROM AGING



“Dancing integrates several brain functions at once – kinesthetic, rational, musical, and emotional – further increasing your neural connectivity”

– Richard Powers

Ballet Barre at Nexus offers a unique opportunity to **flow, breathe, and elongate your body** in a safe and inspiring way.

The **true body toning** benefits of Ballet will be experienced through arm and leg movements danced to Classical Music.

Group Class Rate: \$40

Max class size: 3



Free Introductory Classes

January 6th, 2018

9am & 12pm

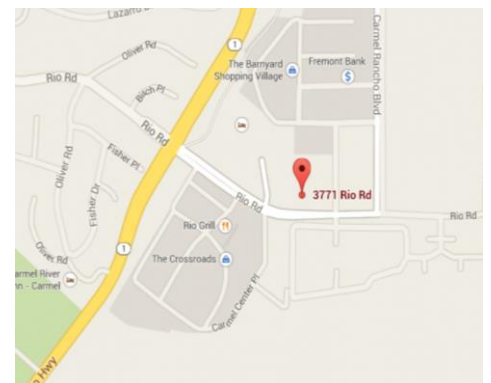
No Experience Needed!

Wear something you feel comfortable moving in.

Sign-Up Today!

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