

BALLET: ADULT CLASSES IN LEAMINGTON SPA

A Fun Way for all the Family to Get Fit this Summer

By **DENISE HORSLEY BA (Hons) AISTD NNEB**
Ballet Teacher



you will, over time, notice changes in your body and in your physique. Correct technique produces lean, defined muscles, as opposed to the muscle bulk that many physical sports activities produce. What's more, it is exercise for the mind as well as the body. Absorbing information aurally and visually and then executing the correct movements is a skill, which can be developed and improved.

Ballet is unique because it is not merely a form of exercise; it is an art. As the music starts and the dance begins your innate musicality is awakened. The experience of dancing is second to none.

Ballet is an exhilarating experience that can be enjoyed by anyone of any age, with or without any previous experience. You do not have to be a stick thin female of a certain age, nor do you have to wear pink tights and a tutu to class! If you attend class regularly

Ballet Is For Blokes Too

“I saw an advert offering ballet for adults and decided, for once, to act and not think. So, the next day a late 40s bloke took his first bashful steps in a dance class. A week later I had ballet shoes (size 10.5!) and a year later I have loved every lesson and look forward to the next. I often put a foot wrong but am never embarrassed because classmates are preoccupied with their own feet. Anyway, my daughter may say that I am more embarrassing than embarrassed. Denise is patient and guides us to do our best – so that's what we do. Ballet is good exercise and I like the technical challenges. The exercise of mind over body leaves no time for other thoughts and is a perfect antidote to a week of work. Telling people that I do ballet is a better icebreaker than revealing that I'm an accountant – which doesn't seem to cut much ice at all.”

Frank Harding, regular class member.

If you would like to experience Ballet, our Adult class meets every Sunday from 1pm – 2.15pm* at Motionhouse Dance Studio, Spencer Yard, Spencer Street.

£6 per class, no need to book in advance.

For further details on this class or on classes for children, please contact Denise on:

07960 979273 or 01926 426483

* Except June 29th - **Ballet Workshop At Cannons, Warwick Gates. 12.30pm – 1.45pm**
For Details, Call Cannons on 01926 314142

