



## *NOTE TO SELF:*

*" Take class, feel fantastic, have fun, be well! "*

### *STRETCH CLASS*

*Slow-paced with emphasis on deep breathing and alignment to increase your circulation and balance, provide better joint range and muscle function; and enhance your overall sense of well-being.*

*Monday, Wednesday, Friday: 12:00-1:15 pm*

*Saturday: 1:00-2:15 pm*

*Sunday: 12:30-1:45 pm*

*Wednesday: 7:15-8:30 pm*

### *CLASSICAL CORE CONDITIONING CLASS*

*This class is led by a Pilates certified instructor and is designed to strengthen and lengthen muscles, primarily in the torso without building bulk with a focus on deliberate, deep breathing.*

*Results include better posture, flexibility, coordination, and overall body awareness.*

*Tuesday and Thursday: 12:00-1:00 pm*

#### **MYB FEES AND PAYMENT INFORMATION**

Adult classes are "drop-in"

- Single Class is \$18.00
- 10-Class card, valid for one year from first use, is \$160.00 (as of 9-1-09)
- Unlimited Class cards are sold by the trimester in September, January and May for \$720.00

Tuition is non-refundable; there is a \$25 charge for returned checks; credit cards NOT accepted.

## MYB Mission Statement

Since 1971, the mission of MYB has been to provide the highest caliber of training and performance opportunities to prepare young dancers for a career in the performing arts as well as to provide classes to dancers of all ages and levels in the community.

The **Children's Program** puts deliberate emphasis on pre-professional achievement with each level carefully crafted to provide the most comprehensive training and coaching in order to produce the high quality dancer that MYB is known for.

The **Adult Program**, spanning levels from basic beginner through advanced, enjoys the same faculty as the children's program, offering our adults the finest teachers of ballet, stretch, and classical core-conditioning in the region.

**MYB alumni** are currently performing with such notable companies as American Ballet Theatre, New York City Ballet, Joffrey Ballet, Oregon Ballet, Sacramento Ballet, and Orlando Ballet, among others.

In **January 2007**, after over 30 years in Bethesda, MYB moved to a beautiful new, 12,000 sq ft, custom-designed and built space in *Downtown Silver Spring's Arts and Entertainment District* where it has 5 spacious studios, 16' ceilings, and custom floors.



# ADULT WELLNESS

*Classes in:*

## STRETCH & CORE CONDITIONING

*No previous training necessary.*

**301-608-2232**

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[www.marylandyouthballet.org](http://www.marylandyouthballet.org)