



*“ 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; 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**

### **PILATES 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 (Level II, Int/Adv): 12:00-1:00 pm**

**Thursday (Level I, Beg): 12:00-1:00 pm**

### **FLOOR-BARRE®**

**Led by a certified instructor, this class combines ballet with anatomical principles of alignment and muscle sense. By lying on the floor, without the pressure of gravity, Floor-Barre® strengthens and properly corrects the placement of the pelvis, hips and back and helps release tension throughout the body. This class is gentle, yet effective, low-impact, and appropriate for dancers and non-dancers, women and men.**

**Monday: 10:45-11:45 am**

#### **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
- Unlimited Class cards are sold by the trimester in September, January and May for \$720.00

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

## About MYB

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** (ages 13 and up) is the largest in the region; with over 35 classes weekly, one can dance morning, noon, and night, literally! Some of the finest faculty in the region, most of them from our world-class professional training academy for young dancers teach our adult classes.

**MYB's Wellness Classes** are geared for both non-dancers and dancers of all levels, women and men, with a focus on overall health and well-being.



926 Ellsworth Drive  
Silver Spring, MD 20910



# ADULT Wellness Classes

NOTE TO SELF:  
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**301-608-2232**

926 Ellsworth Drive  
Silver Spring, MD 20910  
[www.marylandyouthballet.org](http://www.marylandyouthballet.org)