



Balletone®

The Dancer's Workout for everyBODY!



*Taught by:
Catherine Graham
ACSM Certified Personal
Trainer
AFAA Certified Group
Fitness Instructor
Balletone MBA*



*Tuesdays 7:15pm-8:15pm
Beginning September 6*

*La Sierra Community Center
5325 Engle Road
Sierra Rooms 1-2
Carmichael, CA 95608*

\$28/month or \$8 drop-in



Balletone is a ballet inspired strength and flexibility workout that is an explosion of graceful movement. It is designed for the non-dancer of all levels of fitness to feel graceful, balanced, and strong while developing core strength, muscular endurance, dynamic balance and flexibility.

Carmichael

To register call Carmichael Recreation & Park District at 483-7826
or visit us online at www.carmichaelpark.com



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