

BALLET BLAST at Pilates on Main

Tuesdays 1:00PM-2:00PM

Or

Wednesdays 8:00-9:00PM

6 week session- SEPTEMBER 28TH - NOVEMBER 3RD

FEE: \$129

Please detach the bottom portion of this form and return no later than September 15, 2010 with payment or email mdschoolofballet@comcast.net to reserve your spot and pay online via pay pal.

CLASS IS LIMITED TO 15 PARTICIPANTS PER CLASS

Name _____ Birth Date _____

Email Address _____

Mailing Address _____

Phone Number _____ How did you hear about us? _____

Which class are you registering for? Tuesdays 1:00PM \$129 and/or WEDNESDAYS 8:00pm \$129 (please circle above)

Studio Waiver and Release

I certify that I am/my child is capable of physical exercise, and I have completely documented any health or other concerns above. I agree that my child or I will participate in dance and/or Pilates/Yoga/Fitness courses and related activities given by the Maryland School of Ballet and Modern Dance, Inc ("the Studio") upon the following conditions: I recognize the risks of injury associated with any physical activity and participation in the courses, programs, or related activities at the Studio is upon the express agreement and understanding that I am waiving and releasing the Studio, its officers, directors, agents, employees/independent contractors, and representatives, from and against any and all claims, actions, causes of action, damages, costs, liability, expense of judgments, including attorney's fees and court costs, arising out of participation in the courses, programs, and related activities offered at/by the Studio, including but not limited to personal injuries, including death, and loss of or damage to property, whether occurring on or off the premises of the Studio. In consideration of this participation, I hereby assume all risks associated with said participation and agree to hold the Studio, its officers, directors, agents, employees/independent contractors, and representatives harmless from any and all liabilities, actions, debts, claims, or demands of any kind and nature whatsoever which may arise by or in connection with participation in the aforementioned courses, programs, and related activities. The terms hereof shall serve as a release and assumption of risk for me/my child, my/my child's heirs, estate, executors, administrators, assignees, and for all members of my/my child's family. I certify that I am over the age of eighteen (18) years and authorized to sign this release, and that I have read the Studio Waiver and Release and fully understand the contents, consequences and implications of signing this document.

Signature _____ Date _____

Ballet Blast

“Ballet based, calorie burning, thigh and bottom blasting!”

You can't find this class in a local gym or fitness center in Harford County. It is a class designed for the dancer at heart, and those in search of a ballet fit body. Incorporating ballet barre and center work to a variety of music; you are guaranteed to lose inches in your waste, arms, thighs and bottom. You will be moving from the time you enter until the time you leave.

About the course:

I have explored the idea of a class like this since I opened my studio in 2001. Nine years later, my studio is running like a well oiled machine with a superior staff behind me, and my role has shifted to creating new and exciting programs for our students.

Through the years I have had adult Pilates students say to me over and over “I always wanted to be a ballerina” as they would watch the dancers twirl by in the studio. Though I encouraged them to jump right into our Adult Ballet classes, so many are intimidated to do so. This class breaks that intimidation. NO ballet training is necessary, all you need is the desire to work hard, and feel good. You will not be taking Ballet class; rather, you will be exercising through ballet methodology. The best part, after just a few sessions of Ballet Blast you will look and FEEL like a Ballerina.

I have taught Pilates for ten years and dance for thirteen to students of all ages. What I treasure most, and what I use as my mantra is the phrase “anatomically correct”. There is nothing more frustrating to me than seeing both adults and children who have been trained in such a way that is harmful to the body’s alignment, joints and bones. **You CAN workout without injury at any age and fitness level and achieve the results you desire.** All you need is a trained professional to keep her eye on you and give you constant correction so you are truly learning, not just following along mindlessly. I have created this class based on my background of Pilates and Dance. Like Pilates, the class will be structured as a routine set of exercises that will progress weekly. It will be balanced in stretching and strengthening so you leave feeling energized, not beat up. It will incorporate a ballet vocabulary of barre and center work- what I know to be the absolute best training for creating an ideal figure. As a dancer, I always appreciated taking Pilates before my ballet classes. It gave me the center strength to balance better in class. Now, you can benefit from both: **a fitness based class utilizing ballet technique.**

I encourage you to come try my class. You will not regret it, and you will leave feeling 100% fit, mentally and physically.

See YOU in Ballet Blast this fall!