



# *Balletone*™

by BAPPE above®



Balletone™ is a program for the Non-Dancer and everyBODY.

Ballet techniques provide a foundation for healthier posture, body alignment, improved balance, and control of the body. Balletone™ is influenced by Pilates, with centering and flowing transitions that are gentle and slow. It fuses the best of fitness to improve range of motion and coordination, while also focusing on strength, aerobic endurance and flexibility. Enjoy moving to music and getting into the flow while feeling both elegant and energized.

**Friday, July 11<sup>th</sup> and 18<sup>th</sup> at 9:00am  
at the Holland Street Center**

**For more information and to register,  
contact Michelle at 617-625-6600 x2315**



Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or [apomeroy@somervillema.gov](mailto:apomeroy@somervillema.gov).

The City of Somerville can provide you with an interpreter in your language for free.

To request an interpreter, please contact us at [languageaccess@somervillema.gov](mailto:languageaccess@somervillema.gov) or call 311 (617-666-3311) at least 7 days in advance of this event.