



BalletoneTM

by BARRE above[®]



BalletoneTM 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. BalletoneTM 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.

**Four week program on Thursday, June 4th, 11th, 18th and 25th
at 5:00pm at the Holland Street Center**



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



Persons with disabilities can request accommodations to access the programs, activities, and meetings of the City of Somerville by contacting the ADA Coordinator at 617-625-6600 x 2059 or ADA@somervillema.gov in advance of the event.

The City of Somerville can provide you with an interpreter in your language for free. To request an interpreter, please contact us at somerviva@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.