

GOH BALLET ACADEMY

ballet classes for adults

Looking for an alternative and
intrinsic way to stay in shape,
develop good posture
and flexibility?

Photo by Joseph Ciancio

The Goh Ballet Academy offers
Adult Ballet Classes for all ages.

Whether you have or have not danced before, our Ballet classes offer many benefits for body, mind and coordination. A total body workout, Ballet utilizes music through a combination of movements to shape and tone your muscles.

- promotes flexibility
- better posture and body awareness
- tones muscles
- strengthens core stability
- develops poise and grace
- helps relieve stress
- inspires creativity

Please turn over for information on Class Schedules and Fees

2345 Main Street
Vancouver, BC V5T 3C9
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Email: info@gohballet.com
Website: www.gohballet.com



Class Schedules & Fees

BALLET EXERCISES FOR HEALTH & REJUVENATION

Tuesday & Thursday
10:00 AM - 11:00 AM

Fees:

Drop-in: \$18 per class

Monthly (2 classes per week) Pre-registration
required: \$110

BALLET

Beginner 1 Ballet
Monday & Wednesday
7:00 PM - 8:30 PM

Beginner 2 Ballet
Tuesday & Thursday
7:00 PM - 8:30 PM

Fees:

Drop-in: \$18 per class

8 Class Package (Expires after 2 months): \$120

Please feel free to contact us for more information



Photos by David Cooper