

Saturday, August 23 - Thursday, December 18

8/28/2025

* Progressing Ballet Technique (PBT) is a body-conditioning and strengthening program designed to enhance ballet technique by focusing on muscle memory, flexibility, and injury prevention. It uses ballet-specific exercises, often incorporating equipment like exercise balls, to help dancers develop a stronger core, improve posture, and refine movement patterns. The student class is for dancers ages 12+. The adult class is for ages 18+.