

Ballet Barre Fitness

Tuesday and Friday at 9:30am
Wednesday at 6pm



Ballet Barre Fitness classes help you achieve that ballet body you have dreamed about. Enjoy ballet- and Pilates-derived workouts designed to lengthen and strengthen your muscles, improve posture, increase flexibility, and develop coordination, concentration, and balance. Achieve a leaner, more graceful body while having fun. These classes will enhance your vitality, invigorate your mind, and elevate your spirit. (No previous dance training is required.)

Vicky Cole was born and raised in New York City, where she started her career as a ballerina at the age of 8. For the next 12 years she practiced under some of the world's greatest teachers and performed in many New York City Ballet productions. Her advanced career took her from the Chicago Lyric Opera Ballet as a soloist to the Los Angeles School of Gymnastics where she coached girls in Rhythmic Gymnastics.

In 1991 Vicky moved to Boca Raton and taught Ballet all over the South Florida area. A few years later she had the opportunity to combine Ballet and Pilates in a new fitness class and created Ballet Body Fitness which she taught at the Harid Conservatory, a professional Ballet Boarding school located in Boca Raton.



**Sign up online or call 826-7770 or email at
info@pilateshealthconnexion.com**