

Adult Classes

Fleet-Wood Dancentre

65 Simcoe St Beside The Library

Adult Ballet

Beginner Level: but experienced welcome!

Thursdays
Noon to 1 pm.

Instructor
Sharron Fleet
AISTD Assoc Dip
Cecchetti Ballet

Start date: Jan 9
6 weeks: \$60 or \$15 drop in.

Ballet Shoes: \$25.

Class Wear:

Yoga type clothing, or traditional bodysuit
& tights, t-shirts welcome!

Never too late to enjoy the grace, and flow of ballet. You'll be in a sweat by the end of the barre warmup. Then it's off to centre to enjoy the coordination of the beautiful arm "port de bras" while balancing in retire or arabesque. Class ends with lively skipping and galloping steps, and a relaxing cool down stretch.

Email contact Sharron:
fleetwooddance@gmail.com
705.446.1568 text/call

ESSENTRICS®

A gentle, full-body workout which rebalances all 650 muscles, realigns fascia and encourages a mind-body connection. It will leave you feeling relaxed and ready to start the day!

Colin Eccles

Certified Level 3 Essentrics® Instructor

\$10 drop in

Monday 10-11
10:00 am to 11:00
Aging Backwards

Tuesdays
9:00 am - 10:00



Register the first time you come, arrive a little early!
email contact: c.eccles@hotmail.com

Hatha/Vinyasa Yoga

Enjoy an authentic Hatha/Vinyasa Yoga class together where all are welcome. Taking time for you as we flow through the postures to make peace and strengthen within physically and mentally. Appreciate your body and become aware of the mind and the noise it can create. Experience self love on this journey. Come to your yoga mat to feel and shift your focus where your heart will grow. All you need is a mat, water and wear comfy clothes. Namaste.

Jenée Nocito

Hatha Yoga & Mat Pilates Certified Instructor



Mondays
12:45-1:45

Start
October 7

Register the first time you come, arrive a little early!

email contact:

yogawithjenee@gmail.com