

CBYE
presents

BalletXercises



The only work out that is an ART FORM!

A unique fun class designed for those who wish to develop a healthy body, toned muscles, and an ageless look!

Targets areas of:

Agility

Flexibility

Posture

Muscular Strength, Tone, and Control

Ballet exercises strengthen at any age!

Shape, stretch and tone your muscles. BalletXercises blends basic ballet movements and stretching routines for your entire body, bringing grace, and painless daily routine movements.

You will feel younger and healthier!

Class Time	Class Requirements
Contact CBYE for class time	<ul style="list-style-type: none">▪ No dance experience required▪ Socks or bare feet▪ Comfortable clothing▪ Floor Mat

Come and join us with Professional Ballet Master Mercedes Bernardez

FOR REGISTRATION AND MORE INFORMATION CONTACT
info@cbye.ca or 905-512-1453

Cbye DANCE CLASS Fees & Class Packages 2009

The below fee breakdown applies to BalleToning, BalletExercises, and Salsa Workout classes.

	Package	Fee	Cbye Member Discount
Students	Drop In Class *	\$ 10	\$ 8
	6 Classes	\$ 50	\$ 40
	10 Classes	\$ 90	\$ 72
	15 Classes	\$ 130	\$ 112
	Private Lesson	\$ 55	\$ 40
Adults	Drop In Class *	\$ 15	\$ 10
	6 Classes	\$ 75	\$ 60
	10 Classes	\$ 135	\$ 108
	15 Classes	\$ 195	\$ 166
Seniors	Drop In Class *	\$ 5	
	6 Classes	\$ 25	
	10 Classes	\$ 45	
	15 Classes	\$ 70	

*** Drop In Classes:** Please notify the Cbye office at least one day prior to attending a drop in class.

**To register please contact Cbye at:
info@cbye.ca or 905-512-1453**

Methods of Payment Accepted:

- Cheque – Made payable to the Canadian Ballet Youth Ensemble
- Cash

* All payments must be received prior to the start of the class.