

ADULT FITNESS @ THE GRAND ACADEMY

CONNECT | EXPLORE | GET FIT | TRANSFORM

The Grand Academy of Ballet fitness classes are inspired by conditioning elements of **Rhythmic Gymnastics, Pilates, Classical Ballet, Dance and Yoga** to sculpt your entire **body like a dancer** with **long slender lines**, a strong core and healthy flexibility. Our concept is to create a positive, **fun**, community base training environment to encourage greater participation, motivation, **good habits**, and social interaction to get into **great shape** and develop new friendships.

ADULT CONTEMPORARY

Contemporary dance classes incorporate the utilization of deep expressions, depicting various movement styles as well as emotions. This class specializes with correlating body movement to communication, as we seek for dancers to portray a story with their bodies.

CLASS SCHEDULE: Monday & Wednesday | 8:30 PM

LATIN VIBES DANCE CLASS

A cardio fusion of traditional Latin American social dance styles, suitable for all levels! Step into the world of merengue, salsa, bachata, cha-cha and reggaeton for an all-in-one dance party. Release your body and get lost in the heat of the movement for the ultimate workout.

CLASS SCHEDULE: Monday | 8 PM & Saturday | 2:00 PM

STRETCHING & PILATES

This low impact 55-minute class will **increase your mobility and overall flexibility**. Learn the basics like the splits or the bridge or continue to **tone in your skills** and dive deeper into stretching. Whether you're looking to **decrease joint pain**, increase sports performance, or simply develop a sense of mental and physical flexibility, come join us for a big morning stretch!

CLASS SCHEDULE: Thursday | 6:00 PM

G-TONNICKS

G-Tonnicks can be described as high-precision toning because it can isolate practically any muscle for optimum toning and strength, including the core muscles and especially the so-called "hard-to-reach" areas such as abs, hips, and buns.

CLASS SCHEDULE: Wednesday | 6:00 PM

BELLY DANCE INTENSIVE

Want to get in Shape? Gain Confidence, Muscle Toning, Coordination, Rhythm and Weight Loss!!! Urban Fusion Belly Dance Intensive is where traditional Belly Dance styles (Egyptian/Arabic and more) meets Urban Dance styles and combines elements of (Hip/hop, African, and Dancehall/Reggae and more) style dances. Get a great Cardio Workout and Relief Stress at this fun, high pace 60-minute class. You will also get a chance to meet amazing new friends.

CLASS SCHEDULE: Tuesday | 10 AM & Wednesday | 8:00 PM

16422 Ventura Blvd, Encino, CA 91436
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MEMBERSHIP RATES

\$25	Per Class
\$120	5-Class Pass
\$230	10-Class Pass
\$330	15-Class Pass
\$420	20-Class Pass
\$600	30-Class Pass
\$760	40-Class Pass
\$900	50-Class Pass



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ADULT BALLET

@ THE GRAND ACADEMY OF BALLET

Beginner | **Intermediate** | **Advanced Levels**

The Grand Academy of Ballet offers beginner to advanced **Adult Ballet** classes for ages 16 and up. Focusing on creating overall body awareness while improving posture, muscle toning and **sculpting**, increasing range and **flexibility**, balance and coordination, and promoting creative expression. Ballet exercises **relieve stress** by shifting your focus and **relaxing** your mind, so that all of the day's **anxiety** can be washed away!

We have assembled an exclusive team of **Vaganova Trained teachers** that commit to upholding the highest standards of ballet, preserving the **traditions of Vaganova** through a systematic approach, based on the culture and curriculum of the **Vaganova Method**.

ADULT BALLET SCHEDULE:

Morning Classes

Mon & Wed | 9:00 to 10:00 AM - (Beginner) w/Anna

Mon & Wed | 10:00 to 11:30 AM - (Intermediate) w/Anna

Tue & Thu | 9:00 to 10:00 AM - (Beginner) w/Arno

Tue & Thu | 10:00 to 11:30 AM - (Intermediate) w/Anastasia

Sat & Sun | 9:00 to 10:00 AM - (Beginner) w/Anna

Sat & Sun | 12:00 to 1:30 PM - (Intermediate) w/Anna

Evening Classes

Mon | 7:00 to 8:00 PM - (Beginner) w/ Anastasia

Mon | 7:00 to 8:30 PM - (Intermediate) w/Arno

Tue | 7:00 to 8:00 PM - (Beginner) w/Anna

Tue | 7:00 to 8:30 PM - (Intermediate) w/Lilit

Tue | 7:00 to 8:30 PM - (Advanced) w/Askar

Wed | 7:00 to 8:00 PM - (Beginner) w/Anastasia

Wed | 7:00 to 8:30 PM - (Intermediate) w/Arno

Thu | 7:00 to 8:00 PM - (Beginner) w/Askar

Thu | 7:00 to 8:30 PM - (Intermediate) w/Lilit

Thu | 7:00 to 8:30 PM - (Advanced) w/Anna

Adult Ballet Pointe (30 Min)

Tuesday | 8:30 PM to 9:00 PM

Thursday | 8:30 PM to 9:00 PM

\$10 Per Class (For Intermediate & Advanced Students Only)

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