

# ADULT BALLET @ THE GRAND ACADEMY

## CONNECT | EXPLORE | GET FIT | AND TRANSFORM

The Grand Academy of Ballet offers **Adult Ballet classes for ages 16** and up, catering to all skill levels **from beginners to professionals**. Our program emphasizes creating overall body awareness while improving **posture, muscle tone, flexibility, balance, coordination**, and promoting creative expression. **Ballet exercises are an excellent way to relieve stress, helping to shift your focus and relax your mind**, allowing the day's anxieties to fade away.

We pride ourselves on our exclusive team of **Vaganova-trained instructors** who are dedicated to upholding the highest standards of ballet. They preserve the traditions of the **Vaganova Method** through a systematic approach that reflects its rich culture and curriculum.



### BALLET BASICS

Ballet Basics is an introductory ballet course designed to teach the **fundamental principles and techniques of classical ballet**. Students will learn proper body alignment, coordination, and essential terminology. **The course covers the basic positions of the arms and feet, emphasizing correct alignment and graceful carriage of the upper body.**

### BEGINNER/INTERMEDIATE LEVEL BALLET

This class introduces and expands the **fundamentals of ballet technique**, focusing on proper posture, and graceful movements. Under the guidance of experienced instructors, **students will learn foundational barre exercises, simple center work, and basic steps and combinations**. Ideal for those new to ballet or looking to refresh their skills, this class provides a supportive and inspiring environment to develop coordination, strength, and a love for the art of ballet.

### INTERMEDIATE/ADVANCED LEVEL BALLET

Intermediate to Advanced Adult Ballet Class, students will delve into **intermediate to advanced barre work, center practice, adagio sequences, petit and grand allegro, perfecting pirouettes, and expansive jumps**. This enriching environment enhances technical prowess and artistry, offering the perfect blend of rigorous training and inspiration.

### BALLET CONDITIONING - ESSETRICS®

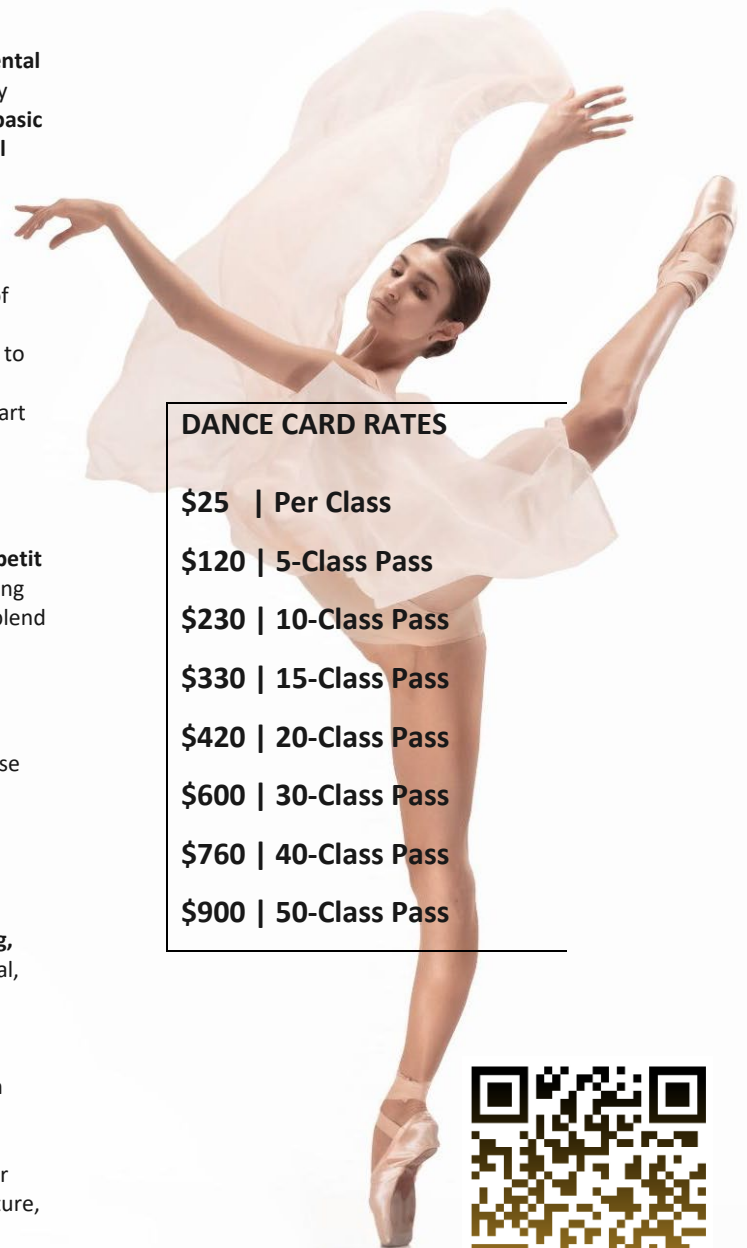
An innovative approach to fitness that **combines principles from multiple modalities of fitness, martial arts and ballet**. ESSETRICS class teaches to use whole body movements with intention to **achieve balance, strength and flexibility**, and the body as a tool for **self-expression** and personal growth.

### STRETCHING & BODY CONDITIONING

Elevate your mobility, enhance overall flexibility, and supercharge your performance. Our 55-minute stretching class focuses on **lengthening, toning, and strengthening the entire body** with a dynamic combination of functional, compound, and isolating muscle exercises. **This is an Open Class!**

### ARMENIAN DANCE

Immerse yourself in the rich cultural heritage of Armenia with our Armenian Dance class, tailored for students ages 13 and up. This vibrant and engaging class offers an exploration of **traditional Armenian folk dances**, featuring **intricate footwork, expressive movements, and dynamic rhythms**. Whether you're new to dance or looking to deepen your connection to Armenian culture, this class provides a welcoming environment to learn and celebrate through dance. Join us to **experience the joy, community, and artistry of Armenian dance**, enhancing your technique and cultural understanding.



### DANCE CARD 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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## MORNING | AFTERNOON CLASSES

**Mon | 09:00 to 10:00 AM** – (Beginner) w/Arno  
**Mon | 10:00 AM to 11:30 AM** – (Intermediate) w/Arno

**Tue | 9:00 to 10:00 AM** - (Beginner) w/Elmira  
**Tue | 10:00 to 11:00 AM** - (Stretching/Conditioning) w/Elmira  
**Tue | 11:00 AM to 12:30 PM** - (Intermediate) w/Elmira

**Wed | 9:00 to 10:00 AM** - (Beginner) w/Arkar  
**Wed | 10:00 AM to 11:30 PM** – (Intermediate) w/Arkar  
**Wed | 11:30 AM to 12:30 PM** - (Variations III Workshop) w/Askar

**Thu | 9:00 to 10:00 AM** - (Beginner) w/Elmira  
**Thu | 10:00 to 11:00 AM** - (Stretching/Conditioning) w/Elmira  
**Thu | 11:00 AM to 12:30 PM** - (Intermediate) w/Elmira

**Fri | 9:00 to 10:00 AM** – (Ballet Conditioning - ESSETRICS®) w/Zara  
**Fri | 10:00 to 11:00 AM** - (Beginner) w/Arno  
**Fri | 11:00 AM to 12:30 PM** – (Intermediate) w/Arno

**Sat | 9:00 to 10:00 AM** – (Beginner) w/Anastasia  
**Sat | 10:00 to 11:00 AM** - (Stretching/Conditioning) w/Daria  
**Sat | 12:00 to 1:30 PM** – (Intermediate) w/Anastasia

**Sun | 9:00 to 10:00 AM** – (Beginner) w/Askar  
**Sun | 10:00 to 11:30 AM** – (Intermediate/Advanced) w/Askar  
**Sun | 11:30 AM to 12:30 PM** – (Jumps & Turns Workshop) w/Askar

## EVENING CLASSES

**Mon | 6:00 to 7:00 PM** - (Beginner) w/Askar  
**Mon | 6:00 to 7:00 PM** - (Stretching & Conditioning) w/Daria  
**Mon | 7:00 to 8:30 PM** - (Intermediate/Advanced) w/Askar  
**Mon | 7:00 to 8:00 PM** - (Armenian Dance) w/Lilit  
**Mon | 8:30 to 9:30 PM** - (Variations I Workshop) w/Askar

**Th | 7:00 to 8:30 PM** - (Intermediate) w/Lilit  
**Tue | 8:00 to 9:00 PM** - (Beginner) w/Elmira  
**Tue | 8:30 to 9:30 PM** - (Beginner Pointe Workshop) w/Lilit

**Wed | 6:00 to 7:00 PM** - (Beginner) w/Askar  
**Wed | 6:00 to 7:00 PM** - (Stretching & Conditioning) w/Daria  
**Wed | 7:00 to 8:00 PM** - (Ballet Basics) w/Lilit  
**Wed | 7:00 to 8:30 PM** - (Intermediate/Advanced) w/Askar  
**Wed | 8:30 to 9:30 PM** - (Variations II Workshop) w/Askar

**Thu | 7:00 to 8:30 PM** - (Lower Intermediate) w/Lilit  
**Thu | 8:00 to 9:00 PM** - (Beginner) w/Elmira

**Fri | 6:00 to 7:00 PM** - (Stretching & Conditioning) w/Daria  
**Fri | 7:00 to 8:30 PM** - (Intermediate) w/Arno  
**Fri | 8:00 to 9:00 PM** - (Beginner) w/Daria  
**Fri | 8:00 to 9:00 PM** - (Armenian Dance) w/Lilit

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