

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 - ESSENTRICS®

An innovative approach to fitness that **combines principles from multiple modalities of fitness, martial arts and ballet**. ESSENTRICS 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.

POINTE & VARIATIONS WORKSHOPS

Enhance your pointe technique and artistry in our Pointe & Variations Workshops. These sessions **focus on strengthening your skills, mastering classical variations**, and improving your overall performance quality. Suitable for intermediate to advanced dancers, the workshops provide personalized instruction to help you refine your **technique and expressiveness** on stage. Join us to **take your pointe work to the next level!**

DANCE CARD RATES

\$25	Per Class
\$15	Professional Rate *
\$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/Lilit
Mon | 10:00 to 11:30 AM – (Lower Intermediate) w/Lilit
Mon | 11:00 AM to 12:30 PM - (Advanced/Professional) w/Ludvig
Mon | 11:30 AM to 12:00 PM – (Beginner Pointe) w/Lilit

Tue | 10:00 to 11:00 AM - (Beginner) w/Anastasiia
Tue | 11:00 AM to 12:30 PM - (Intermediate) w/Anastasiia
Tue | 12:30 PM to 1:00 PM - (Pointe/Variations) w/Anastasiia

Wed | 9:00 to 10:30 AM - (Pre-Intermediate) w/Arkar
Wed | 10:30 AM to 11:00 AM – (Pointe/Variations) w/Arkar
Wed | 10:30 to 11:30 AM – (ESSENTRICS® Workshop) w/Zara
Wed | 11:00 AM to 12:30 PM - (Advanced/Professional) w/Ludvig

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

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 Rodina
Sat | 10:00 to 11:30 AM – (Intermediate) w/Anastasia Rodina
Sat | 11:30 AM to 12:00 PM - (Pointe/Variations) w/Anastasia Rodina
Sat | 12:00 to 1:00 PM - (Floor Ballet & Stretching) w/ Anastasia Sinitsyna
Sat | 1:00 to 2:30 PM - (Lower Intermediate) w/Anastasia Sinitsyna

Sun | 9:00 to 10:00 AM – (Beginner) w/Anastasia Sinitsyna
Sun | 9:00 to 10:30 AM – (Pre-Intermediate) w/Askar
Sun | 10:30 AM to 11:00 AM - (Pointe/Variations) w/Askar

EVENING CLASSES

Mon | 6:00 to 7:00 PM - (Stretching & Conditioning) w/Virjina
Mon | 6:00 to 7:00 PM - (Floor Ballet & Stretching) w/ Anastasia Sinitsyna
Mon | 7:00 to 8:00 PM - (Ballet Basics/Beginner) w/Virjina
Mon | 7:00 to 8:30 PM - (Intermediate/Advanced) w/Askar
Mon | 8:30 to 9:00 PM - (Pointe/Variations) w/Askar

The | 7:00 to 8:30 PM - (Lower Intermediate) w/Elmira
The | 7:00 to 8:00 PM – Modern & Contemporary) w/Nadav Gal
Tue | 8:00 to 9:00 PM - (Beginner) w/Lili
Tue | 8:30 to 9:00 PM - (Beginner Pointe) w/Emlira

Wed | 6:00 to 7:00 PM - (Stretching & Conditioning) w/Virjina
Wed | 6:00 to 7:00 PM - (Floor Ballet & Stretching) w/ Anastasia Sinitsyna
Wed | 7:00 to 8:00 PM - (Ballet Basics/Beginner) w/Virjina
Wed | 7:00 to 8:30 PM - (Intermediate/Advanced) w/Askar
Wed | 8:30 to 9:00 PM - (Pointe/Variations) w/Askar

Thu | 7:00 to 8:30 PM - (Lower Intermediate) w/Elmira
Thu | 7:00 to 8:30 PM - (Jazz & Contemporary) w/JD
Thu | 8:00 to 9:00 PM - (Beginner) w/Lilit
Thu | 8:30 to 9:00 PM - (Beginner Pointe) w/Emlira

Fri | 6:00 to 7:00 PM - (Stretching & Conditioning) w/Virjina
Fri | 7:00 to 8:00 PM - (Ballet Basics/Beginner) w/Virjina

