



Introductory Special

Buy your first two classes at \$18 - one use only

Refer A Friend

Receive One Free Class Each – Tucson Residents Only

Class Pass	Expiration	Cost per class	Total
1 class	None	\$17.00	\$17.00
10 class pass	None	\$13.50	\$135.00
4 class pass	2 months	\$12.00	\$48.00
8 class pass	2 months	\$11.50	\$92.00
12 class pass	2 months	\$11.00	\$132.00
16 class pass	2 months	\$10.50	\$168.00
20 class pass	2 months	\$10.00	\$200.00
24 class pass	2 months	\$9.50	\$228.00
28 class pass	2 months	\$9.00	\$252.00

Class Descriptions

Adult Ballet: A ballet class designed for all levels.

Beginning Ballet: A ballet class designed to teach fundamental movements and proper technique. Open to all ages.

Intermediate Ballet: A ballet class with an upbeat pace and attitude.

Flamenco Level 1: Learn the Flamenco Technique with this introductory class to the infamous dance of Flamenco. No shoes required.

Flamenco Level 2: A joyous class of rhythm, energy and expression. This class explores the basic techniques used in traditional Flamenco dancing.

FreeFORM: Classes include challenging, full body exercises that take movement to another plane. Maximum of 6 students per class.

Nia: A gentle, sensory-based dance class that draws from martial arts, dance arts and healing arts. Nia encourages a dance workout free from pain while connecting the mind, body and spirit.

Pilates Mat: Floor exercises designed to strengthen and stretch using props such as magic circles, rollers and balls.

Pointe Ballet: Learn how to correctly work through the Pointe shoe while building strength in the feet and legs.

Postural Fitness: Proper alignment exercises to retrain muscles for balanced action. The method and exercises are complimentary to Pilates, yoga, dance and all other movement modalities.

The class is designed to instill a heightened awareness for each student to maintain their own natural grace with functional movement throughout their life.

Qigong (cheegong): This ancient Chinese practice is a healing, moving meditation incorporating physical postures, breathing techniques and mental focus.

Special Needs (S.N.) Dance: A creative movement class highlighting leadership, cooperation, self-esteem and improvisational skills.

Stretch: A gentle class focusing on lengthening your muscles and relaxing.

Slow Flow: A Hatha yoga class that flows beautifully with your breath. Let your heart shine as you strengthen your body and find a calm center.

T'ai Ji: Increase flexibility, mobility and balance while moving through T'ai Ji sequences set to meditative music.

Vinyasa Flow: This class begins with brief meditation and moves through a dynamic flow sequence for strength and flexibility. Class ends with long, slow-held postures which ease the body and bring peace to the mind and soul.

Yoga with Shalmali: This Iyengar inspired yoga focuses on proper alignment, strength and flexibility using props, restorative on the last class of every month.

Yoga with Shalmali, Level 2: At least 2 months of prior yoga experience is required. The ability to do a shoulder stand is preferred.

Yin Yoga: Emphasizes slower, longer held passive poses that help mobilize and strengthen our joints, ligaments and deep fascial networks.

freeFORM Class Pricing

1st Class Free - \$15 Per Class