



THE BALLERINA

When you're doing THE BALLERINA, your focus is on movement, flow, and form, perfecting angles to give you the right burn. The girl who hasn't walked into a ballet studio in 5 years is going to feel her heart flutter as she performs ballet flows and ignites her passion for barre in a new, edgier, style. The Ballerina is The Standard, but uses songs with a ballet edge to give your class the feel of dancing their way through the burn!

WARMUP

BALANCE

UPPER

UPPER

LOWER*

PEAK

BALANCE

UPPER

UPPER

BARRE/LOWER*

BARRE

BARRE or FLOOR*

FLOOR- Bridge

FLOOR- Abs

COOLDOWN

THE DANCER: For a weight free class, fire up their upper body with extra floor work (Plank/Side plank back to back) or utilize yoga flows that focus on upper body strength. Cue dancer arms and locked in shoulders for back and upper body sculpt!

***Indicates songs you can pull out in a shortened class environment without disrupting the flow of the class format.**

