



# BALLET+ BOOT+CAMP

a ballet-inspired workout

6 Week Session with Ms. Erin

Wednesdays this summer: 6:45-7:45pm

July 10<sup>th</sup> - August 14<sup>th</sup>

Bring your yoga mat and a pair of 2 or 3lb dumbbells!

Pre-registration is required. \$120 per person or \$22 per session

Located at Integral Ballet

1842 Merrick Rd

In Merrick

(516) 442-1590

[integralballet.org](http://integralballet.org)