



Ballet

Thursdays, 9 - 10 AM

December 1 & 8

January 5 - 26

February 2 - 23

Malibu Bluffs Park - Michael Landon Center

\$5 per class

DEVELOP BETTER POSTURE AND IMPROVE BALANCE, FLEXIBILITY, AND CIRCULATION. INSTRUCTOR, ANN MONAHAN, WILL ALSO FOCUS ON BODY AWARENESS, COORDINATION, AND STRETCHING TECHNIQUES. PLEASE WEAR WORKOUT CLOTHES AND BALLET SHOES. NO EXPERIENCE NECESSARY.

Monthly pre-registration recommended.

For more information or to register, contact the Malibu Senior Center at 310.456.2489 ext. 357 or at MalibuSeniorCenter@MalibuCity.org