



**Ms. LISA'S
DANCE**

PBT

**PROGRESSIVE BALLET TECHNIQUE
WITH MS. AMANDA
A PBT CERTIFIED BALLET INSTRUCTOR**

**NEW CLASS STARTS JAN 11TH!
SATURDAYS 11:30-12:30**

**DANCE CONDITIONING CLASS FOR STRENGTH
BUILDING, MUSCLE MEMORY, & INJURY
PREVENTION. FOCUSES ON ALIGNMENT OF THE
BODY TO BENEFIT ALL STYLES OF DANCE.
EVERYONE WELCOME TO ATTEND!**

AGES 7-16



\$75 PER MONTH



**CLASS HELD AT MS. LISA'S DANCE STUDIO
3805 W. SAN MIGUEL ST. TAMPA, FL 33629
SIGN UP @ WWW.MSLISASDANCESTUDIO.COM**