

Ballet Barre Total Balance Kickline Dance Center– Lawrence



When: Wednesdays 9:30-10:30 am

Where: Kickline Dance Center
off Valley Brook Rd under the street
531 Georgetown Rd, Lawrence, Pa 15055

Rear of Building: 2nd level, Park in rear,
Enter main door and go up the stairs. Mats
provided, Bring a set of 2 or 3# weights.

Sessions 8 weeks: \$96

Drop In Rate: \$15

Class includes: Warm Up, Free Weights, Barre
work, Cardio, Calisthenics and Pilates Matwork

What Students are saying:

Nancy's Ballet Barre class is the best part of my Wednesdays. It's great to tone, sweat and stretch your entire body after a hectic day. Nancy is working right there with you, coaching & encouraging with her boundless energy & enthusiasm. The bonus is, my pants fit better. I look better in them and feel better about myself. Definitely recommend this class.

Carolyn Tennison, McMurray, Pa

"I love Nancy's training because she keeps us on track and helps us to make healthier choices. She's full of positive energy and keeps us laughing and moving throughout are time with her! She invests time and energy into each of her clients and it shows with lbs and inches lost!"

Melissa S., Venetia, Pa

