

# **Ballet... Is not just for the kids!**



## **ADULT CLASSES FOR ALL LEVELS**

- Beginner, Intermediate, Advanced Levels
- Convenient Class Cards
- Evening and Saturday morning Drop-in Classes
- Easy location

1524 Springhill Rd  
McLean, VA 22102  
info@kintzmejiaballet.org

[www.kintzmejiaballet.org](http://www.kintzmejiaballet.org)

## **Adult Ballet Classes**



## **The Kintz-Mejia Academy of Ballet**

*Located near the Springhill Metro  
and Rte 7/Leesburg Pike*

1524 Springhill Rd, McLean, VA  
info@kintzmejiaballet.org

# Have You Always Wanted to Learn Ballet?

No matter your age, now is the perfect time to begin. Take advantage of our more than 30 years' of exceptional instruction in classical Russian ballet and our experience as professional ballet dancers – this is your opportunity to finally do it!

**WAIT NO LONGER — REGISTER TODAY TO START REAPING  
THE MANY BENEFITS OF BALLET!**

## BODY

Improved upper-body & core strength, muscle tone, flexibility, and posture. Arms, legs, stomach muscles, feet, and ankles toned and strengthened. Improves posture and balance resulting in a long, lean figure. Physical benefits noticeable within a few weeks of regular class attendance.

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## SOUL

Increased emotional well-being, reduced stress, increased levels of the feel-good hormone serotonin, and helps develop new neural connections for enhanced long-term and executive function. More positive self-image, focus, self-confidence, discipline, and socialization. Meet new people!

**BALLET BRAIN.** The compelling results of a recent study of ballet dancers showed ⅔ had overactive brains with excess brain activity, found normally in only 4% of the general population.<sup>1</sup>

## PRICING & SCHEDULE

Single Class	\$ 25
10-Class Card	\$200
20-Class Card	\$350

Class cards do not expire; drop-in at your convenience during year-round classes.

Mon	Tue	Wed	Sat
Beginner Adult Class			
	7:30- 8:30pm		10-11am
Intermediate Adult Class			
	7:30-8:30 pm	7:30- 8:30pm	
Advanced Adult Class			
			11am- 12:30pm

A study in *The New England Journal of Medicine* found that among 11 types of physical activity (tennis, golf, etc.), only **DANCE** significantly lowered the risk of dementia.<sup>1</sup>

<sup>1</sup> *Psychology Today*, *US News & World Report*, and Harvard Medical School's *On The Brain*.