

An Introduction to Ballet for Adults

with Vickie Lesnick RAD RTS FIDTA

Friday, 8 March

19.00-20.00



Come along and join us for this introductory session!

If you've always wanted to do ballet this is the perfect class for you to begin. You will develop strength, flexibility and better posture.

Open to anyone over 16.

Cost: £7

The Letchworth Centre for Healthy Living
Rosehill Hospital, Hitchin Road, Letchworth, Herts SG6 3NA

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