



**ADULT & SILVER SWANS BALLET &
PILATES MATWORK
NEW STUDIO OPENING SOON**



**Enhance your health and well-being through the
joy of dance and the flow of Pilates!**

Phone Julia on 0404 207 510 or email her at
enhancedanceandpilates@gmail.com to book your FREE
introductory session.

Further details at www.enhancedanceandpilates.com

**Join us on our garden verandah for a
cool drink or coffee after class!**

WE OFFER:



Adult Ballet Classes

An excellent way to keep fit and toned or to regain strength and mobility. Our adult classes are structured to cater for all levels of experience and fitness. A thorough warm-up and ballet barre, incorporating mobility and conditioning exercises, leads into ballet movements and sequences. Our ballet classes inspire creativity and the enjoyment of dance!



Silver Swans® Ballet for over 55s

It's never too late to shine! Whether you've never danced before or want to get back into the swing of it, these classes cater for everyone and are designed to provide enjoyable and artistic movement experiences for older adult learners. The elegant way to tone the body and feed the soul!



Pilates Matwork Classes

Enhance strength, flexibility, co-ordination and breathing in a personalised, relaxed environment. Our Matwork classes offer individual care and attention to support your health and well-being goals and are suitable for adults of all ages and levels of fitness.

Our studio offers a warm and welcoming atmosphere. Small class numbers ensure personalised coaching and encouragement.



Director: Julia Barry, Diploma Royal Ballet School TTC; ARAD Adv. Tch Dip.; MCreatInd (Dance Teaching); RAD Examiner, Tutor and Life Member; Certificate IV in Pilates Matwork. Julia is a highly qualified and experienced dance and Pilates teacher, promoting individual student progression and well-being, through a positive and supportive learning environment.

We are located at: 93 Yarrawonga Park Road, Yarrawonga Park – 2 minutes' drive from Bonnells Bay and 9 minutes from Morisset. Easy parking. 278 bus from Morisset train station towards Sunshine stops opposite the studio.