

BALLET LUBBOCK

art in motion/life in motion

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Ballet Lubbock announces *Dance Days*

In partnership with GET FIT LUBBOCK V, Ballet Lubbock encourages everyone to join us **every Friday** from **September 17** through **November 5** for **10 minutes** of fun, wild, make-it-whatever-you want, all-out Dancing!

Here's what to do:

- 1) Dance for 10 minutes every Friday from September 17 through November 5
- 2) Send in pictures and/or videos of yourself, your office, or your group dancing, moving, and grooving to DanceDay@balletlubbock.org each week for a chance to win a

Free Fruit Tray for your whole group

(tray feeds 25 people, one tray awarded each week)

or the Grand Prize of

Free Nutcracker Tickets for the whole group

(up to 25 people)

Move it, shake it, twist it, step it, whirl it, do it anyway you want as long as you're up and having fun! *Plus, you'll burn 50 calories for every 10 minutes of dancing.*

*Any Song, Any Style, Any Where... **Just Dance!***

Dance at home. Dance at your office. Dance in the morning. Dance at night. Just get going and let us know about it!

For pictures of the previous week's participants, dancers of the week, and videos of the Ballet Lubbock Company doing their favorite jive, sign up for the weekly Dance Day e-mail at www.balletlubbock.org/danceday.

For media inquiry and more information, please contact Marketing/PR Coordinator Nicholas Dragga by calling (806) 785-3090 or through e-mail at nicholas@balletlubbock.org.