

FOR IMMEDIATE RELEASE
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Ballet Lubbock Announces Summer Yoyalates

Ballet Lubbock will offer Yoyalates for ages 13 and up every
Tuesday and Thursday from June 1 to July 1, 6:45 p.m. – 7:45 p.m.

Please wear comfortable clothing. Class will be barefoot.

Please bring your own yoga mat.

Classes are \$10 each payable to Ballet Lubbock

Yoga focuses on strength, flexibility and relaxation techniques. *Pilates* focuses on building strength in the deep muscles of the abdominal region, the body's core. Pilates helps develop a stable core, sometimes taken for granted in yoga classes. People who have complained about hurting themselves in a yoga class perhaps did not have the core development to move through the various postures, or to pull as far as they pushed. Combining the two disciplines of "yoga" and "pilates" into "Yoyalates" is ideal.

Ballet Lubbock will also continue **Adult Ballet Classes**

Mondays and Wednesdays from May 31 through July 28, 6:45 p.m. – 7:45 p.m.

Adult Ballet is designed for all levels. Please wear comfortable clothing and ballet shoes.

Classes are \$10 each payable to the instructor, Misty Seay.

For more information, including details about adult summer classes or the Ballet Lubbock School and pre-professional Company, contact Marketing/PR Coordinator Nicholas Dragga (ph: 806.785.3090 / e-mail: nicholas@balletlubbock.org).

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