

# Skaters: Join us to Achieve Excellence!!!!

Mary Wanamaker's 6 Week Summer Intensive at NSSC!!!!

Wednesday's July 10<sup>th</sup>-August 14<sup>th</sup>, 2019

Classes offered are:

\*12:00 -12:45 Ballet/Jazz - \$120

\*12:50-1:35 Cardio/Core/Stretch -\$120  
(Need 6 to hold class)

\*If the on-ice "Artistry in Motion" class doesn't get enrollment needed,  
The above two classes will be 11- 11:45 and 11:50- 12:35  
respectively

**REGISTER BY JUNE 29<sup>TH</sup>- SPACES ARE LIMITED**

Walk-ins welcome, if room, for \$25.

Mail check along with form to:

Mary Wanamaker, 51 Camp St. Paxton, Ma. 01612.

## Class Descriptions

[ ] Ballet/Jazz

Technique stressing posture, flexibility, strength, balance,  
body alignment, gracefulness and expression too!

[ ] Ultimate Stretch/Core/Cardio

This class will include dance and yoga stretches, Pilates, cardio  
kick-boxing, and tricks to help with spins, Ina Bauers and spread  
eagles.

Name \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Any questions call Mary - 508-212-8204

Enrollment is limited so register early!!!!