

# Adults Beginner Ballet

*It's Never Too Late to Dance* Only 4 spots left

Gentle, joyful ballet classes for adults — build strength, balance, and grace at your own pace, in a space that's all encouragement, no intimidation.

**No experience (or tutu) needed. Only 4 Spots.**

[Reserve My Spot Now](#)

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## Why Try Adult Beginner Ballet?

Ballet isn't just for children, professionals, or people who've trained forever — it's for **anyone** who wants to move with more elegance, ease, and self-trust.

In these beginner-friendly classes, we remove the pressure and focus on the joy of movement. You'll learn ballet foundations — from gentle barre work to flowing centre exercises — while building strength, flexibility, and that signature graceful posture.

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## What You'll Experience

- Relaxed, supportive ballet basics — **zero pressure, all encouragement**
  - Better **posture, balance, and flexibility** without impact-heavy workouts
  - Uplifting music that makes you feel **elegant, light, and centred**
  - A small group of like-minded women — come as you are, leave feeling proud
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## Who This Is For

- ✓ You've always wanted to try ballet
- ✓ You want to feel stronger and more graceful without going full-out at the gym
- ✓ You're craving something new, calm, and confidence-building

## ✗ Who It's Not For

- You're looking for advanced, performance-based training
  - You thrive in competitive or fast-paced environments
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## 🏆 Your Investment

### 4 x 45-minute Adult Beginner Ballet Classes

- ✓ Step-by-step guidance in ballet technique & artistry
- ✓ Gentle, supportive feedback to help you grow
- ✓ Small group learning for more personal support

💰 **Total Value:** \$150

💖 **Your Price:** \$99 (paid upfront via Stripe)

[Reserve My Spot Now](#)

Only 4 spots left

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## 📍 When & Where

**Starts:** Thursday 2 October 2025, 6.45-7.30pm

**Where:** Jazz Time Studio, 44 Mersey Street, Invercargill

*Easy street parking and welcoming space*

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## 🌟 What Others Say

"I thought I'd feel awkward, but Camelle made it so warm and welcoming — I left feeling elegant and proud."

— Emma

"I never imagined I could do ballet at my age, but I can, and I love it!"  
— Joanne

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## Your Questions, Answered

**Q: Do I need ballet shoes?**

A: Socks or bare feet are perfectly fine. Bring shoes if you have them.

**Q: Do I need any experience?**

A: None at all. We start at the very beginning and build gently from there.

**Q: What should I wear?**

A: Anything you feel comfy moving in — leggings and a tee are perfect.

**Q: How many spots are there?**

A: Only 12 — so you'll always get personal support and guidance.

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## Ready to Dance?

**Only 4 spots available**

This round of Adult Beginner Ballet starts **Thursday 2 October 2025**

[Reserve Your Spot Now](#)

*4 weeks. Your grace, your pace, your joy.*

 Got questions? **Hit reply** to the email you came from and I'll guide you through it.