



## **Dance, Lengthen and Strengthen Camp (Ages 11 – 15)**

**Week 9 1-3 pm \$85/week**

Combining the best of Pilates, Yoga and ballet conditioning, participants exercise toward better posture, stronger abs and more graceful movements. Class begins with core strengthening in Pilates, continues with aerobic conditioning and toning in Balletone, and concludes with deep stretching in Yoga. Athletic shoes are required. A sticky mat is suggested for Pilates and Yoga. Please bring a towel, water bottle and a nutritional snack.

**[www.freedom-center.com](http://www.freedom-center.com) • 703-993-8444 • 10900 University Blvd., Manassas, VA**

*on the Manassas Campus of George Mason University*