



Kentucky Repertory Dance Theatre

Christian Ballet School and Company

www.krdt.org · kyndance@yahoo.com · 859 277-6466 · Laus Deo!

Conditioning/Beginner Ballet for ages 12 - adult Registration Form

Low impact for improved strength, toning, flexibility and overall conditioning. Nancy has taught fitness and dance since 1988 to all ages. While the main focus of this class is the physical fitness benefits, participants will be introduced to the basics of ballet and modern dance as part of conditioning for added understanding and enjoyment of the art.

Enjoy a new you

Saturdays 10:00 - 11:00 AM

January 7 - March 24, 2012

Ten weeks for \$45.00

2nd family member \$25.00

Dress in comfortable attire for full range of movement.

Mats available or bring or own mat or towel. Bring a water bottle.

We are having fun and getting fit. Join us!

Please see www.krdt.org for additional information. Visible piercings only in ears. No long or heavy earrings. No jewelry except wedding set. Tattoos must be covered by clothing or concealer. Classes meet at Dancers' Studio at 570 Delzan, Suite 36. (2nd floor in Keithshire Place off Clays Mill.)

Taught by Nancy Durall · Certified Body Recall Exercise Instructor
KY Registered/Licensed Dietitian · KY Repertory Dance Theatre Instructor

Make check payable to KRDT and mail to KRDT · 143 Suburban Court · Lexington, KY 40503

-----cut and submit form-----

Name _____

Address _____

Best Phone contact(s) _____

E-mail address _____

Waiver of Liability: I, the undersigned, unconditionally release and discharge KY Repertory Dance Theatre (KRDT) and Dancers' Studio and their faculty and staff, directors and volunteers from any liability arising from, related to, or participation in classes conducted by or associated with KRDT or Dancers' Studio. I certify that I (or my child) am in good health and have no limitations or difficulties that would prevent my participation.

Date _____ Signature _____