



**YOUR FREE TICKET TO A SHARPER MIND**

**FREE CLASSES**  
FOR ACTIVE OLDER ADULTS

## **Ballet from the Beginning with Heidi McLean**

Ballet is a fun way to improve your balance, posture, muscle strength and memory. This ballet class is designed and paced for older adults who have either never had a ballet class, or who have studied ballet before and want to review the basics. The classes will introduce the exercises and body positions of classical ballet starting with warm-ups at the barre and movement in the center. Please wear comfortable, flexible shoes and clothing that allows you to move your legs and arms freely.

**Starting February 18 for 10 Thursdays, 2:00-3:00pm**

**South Natomas Community Center  
2921 Truxel Road**

**PRE-REGISTRATION ENCOURAGED. DROP-INS WELCOME!**

**For more information contact (916) 808-1590 or  
[www.sacmetroarts.org/other-programs-and-resources.html](http://www.sacmetroarts.org/other-programs-and-resources.html)**

Brought to you by the Sacramento Metropolitan Arts Commission and Sacramento Department of Parks & Recreation, Older Adult Services Section