



**Brisbane Parks and Recreation Presents**

# *Ballet & Conditioning*

## *with Rudy*

Rudy is a professionally trained ballet dancer who comes to us via the San Francisco Ballet. He currently runs his own ballet studio in Mt. View and would like to bring his brand of ballet inspired fitness to Brisbane. His classes will teach proper posture, improve balance, strength, flexibility and overall fitness.

**NO PREVIOUS EXPERIENCE IS REQUIRED.** Men are welcome.

Days: Thursdays 8:40 - 9:40am  
Fridays 8:30 - 9:30am

Dates: Ongoing

Location: Brisbane Community Center

Fee: Drop-Ins Only: \$13 Resident / \$15 Non-Resident

Instructor: Rodolphe "Rudy" Cassand  
Website: [cassandballet.org](http://cassandballet.org)

For more information: call Steve Beaty at 415.508.2144  
Registration information: [www.brisbaneca.org](http://www.brisbaneca.org) or call 415.508.2140