

BODY CONDITIONING CLASSES by ANTONIO VARGAS

Based on combination of ballet based and pilates exercises, this class improves muscle tone, flexibility and builds core strength, suitable for dancers or anyone looking for a fitness workout.

Dates: Saturdays 1045am- 12noon (from 16th Jan)

Venue: Los Tarantos

Cost: \$ 80 for 4 classes (within one month) or \$ 25 ad hoc per class.