

Pilates

Mat Classes

At the Massachusetts Academy of Ballet

Beginning January 8th 2008

Please bring your own mat.

These classes are appropriate for all body types.

Try a class; everyone is welcome.

Tuesdays and Thursdays 8:00 a.m.

Tuesdays 4:00 p.m.

Thursdays 5:00 p.m.

\$15.00 for a single class

\$125.00 for a ten-class card

Taught by Matisse Madden

Matisse Madden danced professionally with Royal Ballet Kauai, Ballet Hawaii, and Utah Regional Ballet. Matisse received her early ballet training from Royal Ballet Kauai Academy, Utah Regional Ballet school, San Francisco Ballet School, Ballet West Academy and Lines Ballet School. Matisse is fully certified in both Mat and Studio Pilates. Matisse has been an active teacher and advocate of the Pilates method as she specializes in teaching Pilates as a supplemental regimen to enhance and prolong the careers of dancers. She received her MFA from the University of Utah in Ballet Teaching and Choreography. While studying at the University of Utah, she had the opportunity to stage many choreographic works to which she received critical acclaim. Her choreography has also been performed at ACDFEA.

Call Massachusetts Academy of Ballet for more information 536-6200 or email Rose Flachs at rflachs@massacademyofballet.com

Registration form for Pilates Classes.

Name _____

Address _____ Zip _____

Phone _____ Email _____

Please circle class times you plan to attend.

Tuesdays 8:00 Tuesdays 4:00 Thursdays 8:00 Thursdays 5:00

Single class is \$15.00 Ten-class card is \$125 There is not a registration fee.