



The Sarasota Ballet Presents NEW Fitness Classes Four Weeks Only

May is Osteoporosis month and The Sarasota Ballet is teaming up with Longboat Key Resident and Fitness Guru Mirabai Holland, MFA to benefit the National Osteoporosis Foundation



Mirabai will be teaching her acclaimed Skeletal Fitness®-A Workout For Your Bones, (endorsed by The National Osteoporosis Foundation) Osteoporosis Prevention class.

Classes \$10 each with proceeds benefiting The National Osteoporosis Foundation.

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Classes will be held:

Mondays 9 AM-10 AM: April 30, May 7, 14, & 21

Saturdays 11:30 AM-12:30 PM: May 5, 12, 19, & 26



Mirabai will also teach her signature

Moving Free® Anti-Aging Mind/Body Technique

an intensive movement and stretch class with core, balance and meditation exercises to help reduce stress and promote a supple youthful body. **Classes: \$10 each.**

Classes will be held:

Mondays, 10:15 AM-11:15 AM: April 30, May 7, 14, & 21

Thursdays, 11:30 AM-12:30 AM: May 3, 10, 17, & 24

WHERE: Sarasota Ballet's Studio 20 at Pineapple Square (20 Lemon Ave.)

**For information and to register please call 855-362-2004, ext. 3
email exercise@movingfree.com**