

WORKSHOP FOR INTERMEDIATE DANCE

Instructor: Katherine McDonnell

Study: Body Conditioning

**Your workshop will run on the following Wednesdays
in place of Dance Study classes:**

- **Wednesday, Sept 1st**
- **Wednesday, Sept 8th**
- **Wednesday, Sept 22nd**
- **Wednesday, Sept 29th**

Ladies should wear an ASA Ballet Dress Code leotard with black footless tights and have their hair in a ponytail.

Men should wear the ASA Ballet Dress Code attire with black footless tights.