

# **Ballet Nevada Offers Get Fit for the Holidays Special**

**Reno, NV- October 2008-** Ballet Nevada is offering a "Get Fit for the Holidays" special to help both teens and adults get ready for the holiday season.

The premier dance and martial arts center at 2910 Mill Street will let individuals attend four classes per week for only \$60 per month.

"We know money is tight these days," said Ballet Nevada Director Carrie Wick, "and we also know the time for resolutions is fast approaching. What a great idea to start getting in shape now, before the holidays and have fun while you're doing it."

Adults and teens can get great cardio workouts, strengthening and stretching in Shaolin Kung Fu or Sanshou Kickboxing classes, Hatha Yoga classes and dance.

"Students can select one Kung Fu or Kickboxing class, and any two dance classes including "Zumba! Latin Dance, Ballet, Jazz, Tap & Ballet Workout," Wick explained. "They have more than 16 classes to choose from."

The special will run from October through February 2009. For more information on classes at the center on the corner of Mill Street. and Terminal Way, call 775-329-2026 or e-mail [info@balletnevada.com](mailto:info@balletnevada.com).