



# NEW CLASS DEMO: BALLESTONE®

**SATURDAY, APRIL 17 @ 8:00AM**  
**COME TRY THIS NEW 50-MINUTE CLASS!**  
**LAKELAND HILLS FAMILY YMCA**

## WHAT

Balletone is a fusion-style conditioning program, designed specifically for the non-dancer, blending training techniques drawn from dance, Pilates, and fitness. Balletone offers a fun, invigorating workout to develop core strength, muscular endurance, dynamic balance and flexibility without the use of equipment or props. Balletone keeps you moving, motivated and mentally focused with a body-blasting workout that leaves no muscle untouched.

## WHO

**Instructor: Lisa Van Loon**

## WHEN

**Saturday, April 17 from 8:00-8:50am**  
Please arrive by 7:50am

## LOCATION

**Gymnasium (social distanced)**  
**Please wear your mask; no registration necessary**

## CONTACT

**Darlene Kievit: [Darlenek@Lhymca.com](mailto:Darlenek@Lhymca.com)**

## LAKELAND HILLS FAMILY YMCA

100 Fanny Road, Mountain Lakes, NJ 07046  
P 973 334 2820 F 973 334 1308  
[www.lakelandhillsymca.com](http://www.lakelandhillsymca.com)

