

Balletone®

Something for everyBODY!

Balletone®: Sole Synthesis Instructor Training

When barefoot training meets strength, cardio and flexibility in one workout, fitness takes on a whole new meaning. Sole Synthesis is "simplicity through triplicity" ... no fancy moves here, the idea is to simply use a movement you've done for ages and transform it seamlessly in three different ways with ONE outcome – a proactive workout rooted in functional training that will leave you strong, centered, and actively flexible from the ground up. Balletone: Sole Synthesis is the perfect starting place for the Balletone programs. The Sole Synthesis Instructor training is designed to showcase the Balletone Blueprint for Success and elevate your teaching skills, no matter the format. Sole Synthesis is a fabulous stand alone, fusion class that seamlessly blends creative movement sequences with mindful instruction for an incredible workout.

Approved for .6 ACE CECs and 6.0 AFAA CEUs

Workshop Information:

Date & Time: Saturday, September 25, 2010
12:00 - 6:00 pm

Location: Fusion Fitness & Yoga
10000 W Sample Road
Coral Springs, FL

Presenter: Jenn Hall

Pricing: \$149 + Manual

Fusion Fitness & Yoga Employees receive discount
email Debbie Wolff (msfit27@aol.com) for details

Balletone workouts bring dance methods into fluid, easy to follow fitness programs to sculpt, tone & condition the entire body.

To learn more about the Balletone Family of Programs, please contact Balletone, Inc.

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