

DANCE

by brooke cassar

Move
TO FEEL
GOOD!

Adult Wellbeing Classes

- Beginner Adult Ballet
- Intermediate Adult Ballet
- Pilates Mat

DISCOVER YOUR
INNER BALLERINA

FIND IMPROVED
POSTURE & GRACE

STRENGTHEN, TONE &
RE-ALIGN YOUR BODY

*Join
today!*

Brooke Cassar is a former professional ballerina and certified Pilates instructor, with extensive experience in teaching dance.

All classes held in our purpose built dance studio at:

Redlands College

38 Anson Road, Wellington Point QLD 4160

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 **@dancebybrookecassar**