

New for Adults!

This year, we are starting a new class at St. Augustine Dance Conservatory for adults. Power Barre is an SADC created class that utilizes concepts and exercises from ballet to create a comprehensive workout routine of low-impact cardio and stretching to create long and lean muscle tone.



What to know...

Power Barre classes last one hour and are conveniently offered three days per week at various times:

Mondays, 7:30-8:30pm

Thursdays, 10:00-11:00am

(During our Cherub class for 3-4yr olds)

Saturdays, 10:00-11:00am

(During our Cherub class for 3-4yr olds)

Classes are purchased on a class card, not a monthly recurring rate. You can pay by the class or pay for several classes at one time. Each time to come in, your card is marked. Purchase a full card of 12 classes and get one class free; fill 4 full cards and get one full card free!

Pilates mats and 1-3 lb free weights or arm/ankle weights encouraged for a more challenging experience. Use will be directed by instructor.