

## Get your feet dirty

**DirtyFeeters bring you a variety of dance classes including contemporary technique, improvisation, ballet, pilates and partnering.**

DirtyFeeters will be conducting classes during March for 3 weeks on Mondays, Tuesdays and Fridays. Teachers biographies can be found on our website at [www.dirtyfeet.com.au](http://www.dirtyfeet.com.au)

This weeks teachers are:

**Rachelle Hickson:** Rachelle's class will ensure you get moving! We will start slow and ease our bodies into the day and then move into some technique excercises and floor work designed to get your core engaged and your body stabilised. Next up, we'll swing a leg and do some jumps to really get your body feeling strong, supple and ready for what ever you may wish to throw at it next!

**Laura Fishwick:** Pilates to me in short is 'transformable'. Learning this technique has helped transform me by having a better control and awareness over my body. This is created by a mixture of stability through the core, postural alignment and mental clarity. The brilliant thing about Pilates is that it is applicable to everyone and so I feel that a well concentrated class with even the simplest of exercises can help invigorate and energise both the body and mind.

**Cloé Fournier:** On Friday, Cloé will start the class like the last day of a working week should... relaxed ! So, a quick massage will help us get into our bodies followed by some yoga basics to slowly warm-up those muscles. She will then introduce some technical exercises but keep in my mind that this class is yours so do not forget to enjoy yourself! Your abs and arms will have a special workout but it will be for your own good. And do not worry there will be other surprises like some improv because she loves it. Hope you will come along...

| Monday<br>21 <sup>st</sup> March | Teacher                                      | Tuesday<br>22 <sup>nd</sup> March | Teacher   | Friday<br>25 <sup>th</sup> March | Teacher   |
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|                                  | Rachelle Hickson<br>Contemporary Dance Class |                                   | Laura Fishwicks<br>Pilates Class<br><i>(please bring a mat)</i> |                                  | Cloé Fournier<br>Contemporary Class/Improvisation |

Where: Sydney Park Pavilion, St. Peters- Euston Rd, Alexandria

Time: 10:00-11:30am

Cost: DirtyFeeters: \$10 class  
Everyone else: \$15class  
*(cash only)*

