

BALLET CLASSES

for Adults

Where: Spring Lake School of Dance

515 Passaic Ave.

Spring Lake, NJ 07762

Time: 6:00pm-7:30pm

Day: Mondays 2026-2027, September 28th - May 31st

Tuition: \$25 per class

To Register: <https://www.chronicledance.com/classes>

or through the MindBody App

(Must have 6 dancers for the class to run.)

For More Info:

Email: chronicledancetheatre@gmail.com

Phone: 848-404-8150

<https://www.chronicledance.com/>

Instagram: @ChronicleDance

Facebook: Chronicle Dance Theatre

Taught by **Elizabeth Troxler, Artistic**

Director of Chronicle Dance Theatre,

this Advanced Beginner class blends classical ballet technique with musicality and artistry in a supportive, inspiring environment. Designed for adult dancers returning to the studio or just beginning their journey, the class focuses on growth, grace, and the joy of movement.



Chronicle
DANCE THEATRE