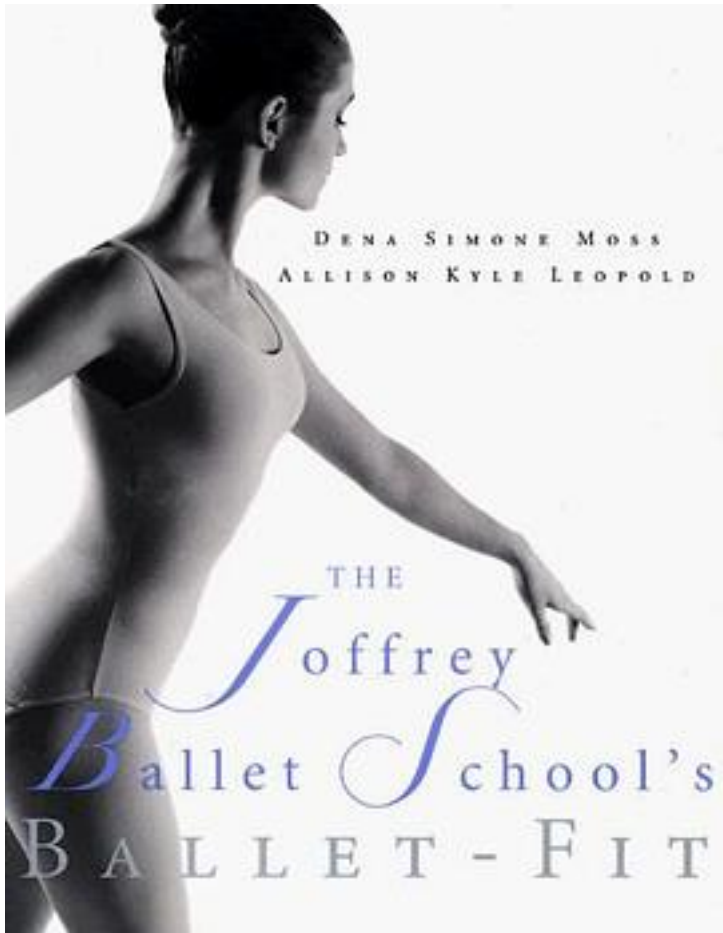


The Joffrey Ballet School's Ballet-Fit



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The world-renowned Joffrey Ballet School makes the art and joy of ballet available to everyone. Let Dena Simone Moss and Allison Kyle Leopold teach you everything you need to know to get in shape, beautifully sculpt your body, and truly appreciate the art

of ballet. They'll let you in on all their secrets, including:
A demystifying explanation of ballet terms and positions
Tips on finding the right instructor and studio-and feeling comfortable once you're there
Hints on ballet attire-including finding, choosing, and tying pointe shoes
An exhaustive directory of where to find ballet publications, audio and videotapes, books, dance wear, schools, and studios.
Perfect for the beginner and the veteran balletomane, The Joffrey Ballet School's Ballet-Fit offers an inside glimpse into the mysterious and beautiful world of ballet.

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