



Ballet Austin's "GetFit! 2012" Set for January 15

Day of Free Fitness and Pilates Classes for All Ages and Skill-levels, No Dancing Required

- WHO:** Ballet Austin's Butler Community School
WHAT: "GetFit! 2012" Event: A Day of FREE Fitness and Pilates Classes
WHEN: Sunday, January 15, 2011 from 3 – 6:30 p.m.
WHERE: Ballet Austin's Butler Dance Education Center
501 West Third Street (at San Antonio Street)
AGES: Adults and children ages 10 and up
ADMISSION: FREE for all (no registration required)

AUSTIN, Texas—December 8, 2011—Ballet Austin invites the community to kick off the New Year with **GetFit! 2012**, a FREE fitness event on January 15. **GetFit! 2012** offers a day of free fitness and Pilates classes at the Butler Community School (BCS), located in the Butler Dance Education Center in Austin's 2nd Street District.

There's no dancing required at **GetFit! 2012**, which will feature the following Ballet Austin's BCS fitness and Pilates classes and courses:

- Arms & Abs
- Ballet Fit
- Below the Belt
- Body Sculpting
- Body Stretch
- Feldenkrais®
- Intro to Pilates Machines
- Pilates Ballet Barre Workout
- Pilates Cardio
- Pilates Cross-Sport Workout
- Pilates Mat
- Pilates Thera-band® Stretch

The event kicks off at 3pm with an instructor meet and greet, refreshments, and the opportunity sign up for Pilates apparatus sessions. Participants of **GetFit! 2012** will receive specials on future Ballet Austin's BCS classes and courses. Additionally, **GetFit! 2012** partners Genesis Today and Kind® Bars will provide food and drink samples, and Scott & White Healthcare will provide free health screenings.

As a special addition during the event, and due to popular request, **GetFit! 2012** will preview Zumba ® at 5:45 pm, new to Ballet Austin's BCS beginning in January.

For the entire **GetFit! 2012** schedule, visit: www.balletaustin.org/getfit

About Ballet Austin's Butler Community School (BCS)

Butler Community School (BCS) classes are offered seven days a week with dance, fitness, and Pilates offerings ranging from ballet, jazz, hip hop, hula, an award-winning Pilates Center, dance fitness, and more.

With over 4,000 students of all ages taking classes at the Butler Dance Education Center facility in the last 12 months alone, Ballet Austin's open class community school and ballet academy comprises one of the largest dance training centers in the U.S. associated with a professional ballet company.

About Ballet Austin

As distinctive and dynamic as the city it calls home, Ballet Austin welcomes audiences near and far to participate in its "classically innovative" vision for the democratization of dance. With a rich history spanning five decades, acclaimed productions, a commitment to creating access to programs and one of the nation's largest classical ballet academies, the organization is poised for an even greater future. From their home at the Butler Dance Education Center in downtown Austin, Ballet Austin and artistic director Stephen Mills actively engage the community, dancers, and audiences alike. *The New York Times* proclaims Ballet Austin "a company with big ambitions" originating work that is "absorbing."

CONTACT INFORMATION

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