

## N.Y.C. Ballet

### *What is it?*

A total body workout set to classical music, using the N.Y.C. Ballet format followed by professional dancers, with choreographic adjustments made by the teacher.

### *What will it do for me?*

Patty Maraldo, certified N.Y.C. Ballet instructor at the New York Sports Club in Long Beach, says the N.Y.C. Ballet will create long, lean muscles rather than bulky ones. The class is geared toward non-dancers, and is split into half an hour of toning and half an hour of aerobics, improving flexibility, balance and strength. Showing off a pair of ballet dancer's legs can't hurt the ego, either!

### *What do I need to participate?*

Patty suggests regular workout clothes and sneakers. Some may want to bring dance or jazz sneakers.

### *What attracts women to the N.Y.C. Ballet on Long Island?*

"It's a different kind of workout," Patty says. "People love the classical music instead of the usual, heavy, loud bass. And the whole idea of a dancer's body, strong but lean, brings people in." •