

BALLET SCHOOL SCHEDULE

2025 – 2026 SEASON

LEVEL 1

Tuesday
3:30 - 4:30pm • with
Ms. Isabelle • Studio A

LEVEL 5

Monday
4:45 - 6:15pm • with
Ms. Rachel • Studio A

Tuesday
5:30 - 6:30pm • Contemporary
with Ms. Victoria • Studio A
6:30 - 7:30pm • Tendu Toning

Wednesday
4:45 - 6:15pm • with
Mr. Brad • Studio A

Thursday
4:45 - 6:15pm • with
Ms. Rachel • Studio B

Friday
3:45 - 4:30pm • Candy Cane
Rehearsal
4:30 - 6:00pm • with
Mr. Brad • Studio A

Saturday
10:30 - 11:30am • Tendu Toning

LEVEL 2

Tuesday
3:30 - 4:30pm • with
Ms. Rachel • Studio B

Thursday
3:30 - 4:30pm • with
Ms. Rachel • Studio B

Friday
3:00 - 3:30pm Angel Rehearsal

LEVEL 6

Monday
4:45 - 6:15pm • with
Renato • Studio B

Tuesday
5:30 - 6:30pm • Contemporary
with Ms. Victoria • Studio A
6:30 - 7:30pm • Tendu Toning

Wednesday
4:45 - 6:15pm • Pointe with
Ms. Rachel • Studio B

Thursday
4:45 - 6:15pm • with
Mr. Brad • Studio A

Friday
6:00 - 7:00pm • Pointe
with Mr. Brad • Studio A
7:00 - 7:45pm • Nutcracker
Rehearsal

Saturday
10:30 - 11:30am • Tendu Toning

LEVEL 3

Tuesday
4:30 - 5:30pm • Jazz with
Ms. Victoria • Studio A

Wednesday
3:30 - 4:30pm • with
Ms. Rachel • Studio B

Friday
3:00 - 3:30pm • Angel Rehearsal
3:30 - 4:30pm • with
Ms. Rachel • Studio B

LEVEL 7

Monday
4:45 - 6:15pm • with
Renato • Studio B

Tuesday
5:30 - 6:30pm • Contemporary
with Ms. Victoria • Studio A
6:30 - 7:30pm • Tendu Toning

Wednesday
4:45 - 6:15pm • Pointe with
Ms. Rachel • Studio B
7:30 - 7:45pm • Nutcracker
Rehearsal • Studio A & B

Thursday
4:45 - 6:15pm • with
Mr. Brad • Studio A

Friday
6:00 - 7:00pm • Pointe
with Mr. Brad • Studio A

Saturday
10:30 - 11:30am • Tendu Toning

LEVEL 4

Monday
3:30 - 4:45pm • with
Ms. Rachel • Studio A

Tuesday
4:30 - 5:30pm • Jazz with
Ms. Victoria • Studio A
6:30 - 7:30pm • Tendu Toning

Wednesday
3:30 - 4:45pm • with
Mr. Brad • Studio A

Friday
3:00 - 3:45pm • Polichinelle
Rehearsal

4:30 - 5:45pm • with
Ms. Rachel • Studio B

Saturday
10:30 - 11:30am • Tendu Toning

LEVEL 8

Monday
6:30 - 8:00pm • with
Renato • Studio B

Tuesday
5:00 - 6:30pm • with
Ms. Rachel • Studio B
6:30 - 7:30pm • Tendu Toning
7:30 - 8:30pm Contemporary
• Studio B

Wednesday
6:15 - 7:30pm • Pointe with
Mr. Brad • Studio B
7:30 - 8:45pm • Nutcracker
Rehearsal • Studio A & B

Thursday
6:30 - 8:00pm • with
Mr. Brad • Studio B

Friday
6:00 - 7:30pm • with
Ms. Rachel

Saturday
10:30 - 11:30am • Tendu Toning

BALLET PRICING

LEVEL 1 \$72/mo

LEVEL 2 \$144/mo

LEVEL 3 \$144/mo

LEVEL 4 \$240/mo

LEVEL 5 \$360/mo

LEVEL 6 \$500/mo (Unlimited Classes)

LEVEL 7 \$500/mo (Unlimited Classes)

LEVEL 8 \$500/mo (Unlimited Classes)

JAZZ & CONTEMPORARY \$72/mo

STUDENT TENDU TONING \$50/mo with Ballet Membership

COMPETITION PREP \$140/mo



Scan the QR Code or go to speckfitness.com/classes to sign up today
717-440-1515 • Rachel@SpeckFitness.com



Speck Fitness

BALLET SCHOOL & FITNESS STUDIO



Speck Fitness is home of the world-famous workout, Tendu Toning®, a fusion of ballet and fitness. Rachel Speck, former professional ballerina, created Tendu Toning® as a way for dancers to condition and cross-train the correct way, but also as a way for anyone to achieve a toned, dancer's body. Come in today to try this unique and effective workout. We offer individual class pricing as well as unlimited monthly memberships.

Fitness classes include:



Unlimited
Tendu Toning
\$99
per month

Unlimited
ZUMBA
\$48
per month



FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30am TENDU TONING	9:30-10:30am TENDU TONING	9:30-10:30am TENDU TONING	9:30-10:30am TENDU TONING	9:30-10:30am TENDU TONING	
					10:30-11:30am YOUTH TENDU TONING (LEVELS 4+) Studio B 10:30-11:30am ADULT TENDU TONING Studio A
6:30-7:30pm TENDU TONING Studio A	6:30-7:30pm YOUTH TENDU TONING (LEVELS 4+) Studio B 6:30-7:30pm ADULT TENDU TONING Studio A	6:30-7:30pm TENDU TONING	6:30-7:30pm TENDU TONING		
	7:30-8:30pm ZUMBA		7:30-8:30pm ZUMBA		



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