

BALLET SCHOOL SCHEDULE

2026 – 2027 SEASON

LEVEL 1

Tuesday

3:30 - 4:30pm • Ballet
with Isabelle

LEVEL 5

Monday

3:30 - 5:00pm • Ballet
with Rachel

5:00 - 6:30pm • Nutcracker
& Spring Show Rehearsal

Tuesday

4:30 - 5:30pm • Jazz,
Contemporary with Victoria

Wednesday

3:30 - 5:00pm • Ballet with Brad

Thursday

3:30 - 5:00pm • Ballet with Brad

Friday

4:30 - 6:00pm • Ballet
with Rachel

Saturday

10:30 - 11:30am
Tendu Toning

LEVEL 2

Monday

3:30 - 4:30pm • Jazz
with Victoria

Tuesday

3:30 - 4:30pm • Ballet

Wednesday

3:00 - 3:30pm
Nutcracker Rehearsal

Thursday

3:30 - 4:30pm • Ballet

LEVEL 6

Monday

5:00 - 6:30pm
Ballet with Renato

Tuesday

4:30 - 5:30pm • Nutcracker
& Spring Show Rehearsal

5:30 - 6:30pm

Contemporary with Victoria

Wednesday

5:00 - 6:30pm
Ballet with Rachel

Thursday

5:00 - 6:30pm
Pointe with Brad

Friday

3:30 - 5:00pm • Nutcracker
& Spring Show Rehearsal

5:00 - 6:30pm • Ballet
with Brad

Saturday

10:30 - 11:30am
Tendu Toning

LEVEL 3

Monday

3:30 - 4:30pm • Jazz
with Victoria

Wednesday

3:00 - 3:30pm • Nutcracker
Rehearsal

3:30 - 4:30pm • Ballet
with Rachel

Friday

3:30 - 4:30pm • Ballet
with Rachel

Saturday

10:30 - 11:30am
Tendu Toning

LEVEL 7

Monday

5:00 - 6:30pm
Ballet with Renato

Tuesday

4:30 - 5:30pm • Nutcracker
& Spring Show Rehearsal

5:30 - 6:30pm

Contemporary with Victoria

Wednesday

5:00 - 6:30pm
Ballet with Rachel

Thursday

5:00 - 6:30pm
Pointe with Rachel

Friday

3:30 - 5:00pm • Nutcracker
& Spring Show Rehearsal

5:00 - 6:30pm

Ballet with Brad

Saturday

10:30 - 11:30am
Tendu Toning

LEVEL 4

Monday

3:30 - 5:00pm • Ballet
with Rachel

5:00 - 6:30pm • Nutcracker
& Spring Show Rehearsal

Tuesday

4:30 - 5:30pm • Jazz,
Contemporary with Victoria

Wednesday

3:30 - 5:00pm • Ballet
with Brad

Thursday

3:30 - 5:00pm • Ballet
with Brad

Friday

4:30 - 6:00pm • Ballet
with Rachel

Saturday

10:30 - 11:30am
Tendu Toning

LEVEL 8

Monday

6:30 - 8:00pm
Ballet with Renato

Tuesday

6:30 - 7:30pm
Tendu Toning

7:30 - 8:30pm

Contemporary with Victoria

Wednesday

6:30 - 7:30pm
Pointe with Brad

7:30 - 8:30pm • Nutcracker
& Spring Show Rehearsal

Thursday

6:30 - 8:00pm
Ballet with Brad

Friday

6:00 - 7:30pm
Ballet with Rachel

Saturday

10:30 - 11:30am
Tendu Toning

BALLET PRICING

LEVEL 1 \$75/mo

LEVEL 2-3 \$150/mo

LEVEL 4 \$300/mo

LEVEL 5 \$400/mo

LEVEL 6 \$500/mo (Unlimited Classes)

LEVEL 7-8 \$500/mo (Unlimited Classes)

COMPETITION PREP

1 30min Private Weekly class \$150/mo

1 60min Private Weekly class \$300/mo

Individual Private Class \$75/hr



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
\$55
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	
		10:00-11:30am ADULT BALLET			10:30-11:30am YOUTH TENDU TONING (LEVELS 4+) Studio B 10:30-11:30am ADULT TENDU TONING Studio A
				12:00-1:30pm ADULT BALLET	
6:30-7:30pm TENDU TONING	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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