

# ORLANDO BALLET SCHOOL

PHILLIP BROOMHEAD | SCHOOL DIRECTOR



For Inquiries Contact:  
[aramnarine@orlandoballet.org](mailto:aramnarine@orlandoballet.org)

**FITNESS**  
**THRU DANCE**  
ORLANDO BALLET SCHOOL  
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# FITNESS THRU DANCE

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# About Us

Orlando Ballet entertains, educates, and enriches through the highest quality of dance

## What is FTD?

Fitness thru Dance helps build a fit and healthy lifestyle by challenging the mind and body, and having fun along the way. Fitness thru Dance will energize your employees through a variety of high-quality classes for adults of all ages and fitness levels.

Employees benefit from a wellness program that keeps them engaged, connects them as a team, and helps them meet their health and wellness goals.

Our professional staff will design a program that meets the needs of your organization. Fitness Thru Dance Programs are versatile. We welcome employees to our beautiful state-of-the-art facility at Harriett's Orlando Ballet Centre.

At Orlando Ballet, we know that Dance IS  
Fitness!

Class Styles Include Afro Fusion, Ballet, Barre Fitness, BeMoved®, HIIT, Jazz, Modern, Musical Theatre Jazz, Tap, and Stretch and Flexibility.

# Programs

Let us tailor a Fitness Thru Dance program to your employees needs with three different options.

## FTD On Site!

Experience the beautiful state-of-the-art, Harriett's Orlando Ballet Centre, facility! We have a variety of classes to choose from to book a group ranging from 30-50 employees. Our studios have different capacity capabilities; please let us know with as much notice as possible if you'd like to book up to 50 spots. Select any style of dance including Afro Fusion, Ballet, Barre Fitness, BeMoved®, HIIT, Jazz, Modern, Musical Theatre Jazz, Tap, and Stretch and Flexibility. You can find the complete weekly class schedule, by scrolling to the bottom of our webpage. You'll be having so much fun moving and interacting with one another, that you won't even notice you are getting a workout in!

# Programs

## FTD Event Night!

We will create a themed event night here at Harriett's Orlando Ballet Centre based on your request! Disco nights, Afro Fusion, Latin Dance Socials, Musical Theatre/ Show Tunes, and more.

A full concessions bar can be provided upon request.

We encourage you to come dressed on theme!

## FTD Wellness Reimbursement for Employees

HOBC will administer a contract between the interested company regarding employee's monthly fitness spending, invoicing and due dates. Start taking classes! Employees will receive a monthly visit receipt that breaks down classes attended between the 1st and 30th of each month for their company's Payroll records. HOBC will send online invoices to the direct contact listed on the contract, for each employee taking advantage of the FTD Wellness Reimbursement for Employees with their individual monthly spendings to be paid by their employer no later than five days after the previous month cycle (1st-30th).

# Incentives

## Group Sales Opportunity

Enjoy a performance with a group of friends, family or associates, and save up to 25% with purchase of 10 or more! Plus you'll receive one-on-one concierge service giving you the flexibility to customize your booking for your group.

## Volunteer Opportunities

Volunteer opportunities with Orlando Ballet, Orlando Ballet School and our Community Enrichment program where your employees can give their time together.

## Pricing Options

Orlando Ballet will work with your organization to create the program that suits your employee's needs.

Corporate Wellness Partnership Special Price Perks:

Contact [aramnarine@orlandoballet.org](mailto:aramnarine@orlandoballet.org) for pricing information and to start your FTD program today!

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## Sponsors

### Thank You To Our Sponsors!

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# ORLANDO BALLET

JORDEN MORRIS | ARTISTIC DIRECTOR