

Press Release – For Immediate Release – Bertina Dew, Kingsport Ballet – 201 Cherokee Street, Kingsport, TN 37660 www.kingsportballet.org – 423-863-1280 – dewbertina@gmail.com

KB Boutique and KBFit Kingsport Ballet Launches New and Expanded Projects

Kingsport, TN – Kingsport Ballet is expanding their ballet boutique by adding a greater selection of dance supplies and dance-related gifts. A grand-opening reception and fittings are scheduled for the first week of August. With the expansion, the company will start the Fall season outfitted with uniforms for their students as well as optional fashion leotards and accessories geared also to the general public. Classes begin on August 15th.

The location of **kb Boutique** is inside the Kingsport Ballet facility in what used to be the front waiting room. The boutique will carry premium brands of dance supplies, such as Russian Pointe and Sansha shoes, Mirella, Natalie and Mariia leotards. Inventory also includes unique gifts and offerings such as hand-crafted duffle bags and accessories.

Kingsport Ballet has been offering adult fitness classes, such as Pilates, and adult ballet for about 15 years at community-friendly rates. As of 2010 they have also offered various Yoga classes. These freestyle programs are for a \$7 drop-in fee or \$35 per month, unlimited.

This summer the company has re-branded their adult class fitness program with the name **kbFIT**, and offered free-of-charge and two-for-one trial classes in BodyCombat, Insanity Live, P90X, PiYo and others. The program features three certified professional instructors.

This high intensity grouping of classes is considered their “premium” program. BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. Students can punch and kick their way to fitness and burn up to 740 calories in a class. Moves are drawn from Karate, Taekwondo, Boxing, Muay Thai, Capoeira and Kung Fu. The workouts are intense, no equipment is required, and provide toning, shaping, strength and endurance. Students may take by the class at \$7 or \$45 per month for unlimited “premium” classes.

For students wanting to take advantage of both the “freestyle” and the “premium” programs, monthly fees are \$55 for both.

Classes are taught within the Kingsport Ballet. Studios have sprung floors and wall-to-wall mirrors. The facility is housed in a 15,000 square foot building where dance classes are also taught, original art is displayed throughout the building, and other providers teach music lessons, reading, offer therapeutic massage and more.

For more information or to register call: 423-378-3967
www.kingsportballet.org

Kingsport Ballet is supported in part for general operations by the Tennessee Arts Commission under an agreement with the General Assembly and the National Endowment for the Arts. Outreach programs are funded in part by the Tennessee Arts Commission's Funds for At-Risk Youth, the City of Kingsport, the Massengil De-Friece Foundation among other foundations and private entities.