CLEVELAND B∆LLET

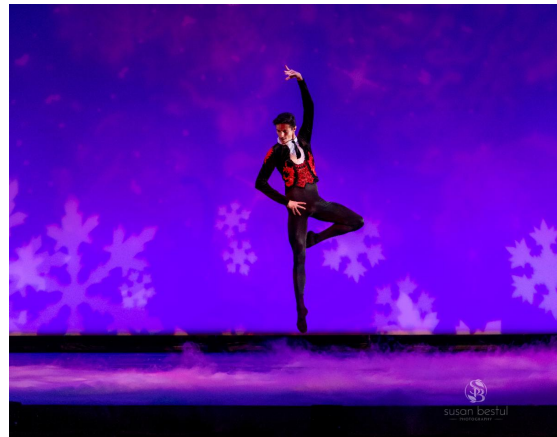## GLADISA GUADALUPE | ARTISTIC DIRECTOR

WEEKLY NEWSLETTER

Our world may be facing a lot of stress and uncertainty at the moment; however, Cleveland Ballet is certain to continue moving forward with positivity, health, and vitality!

Scroll to discover more about our free online classes, get to know our company members, and participate our weekly fitness challenge.
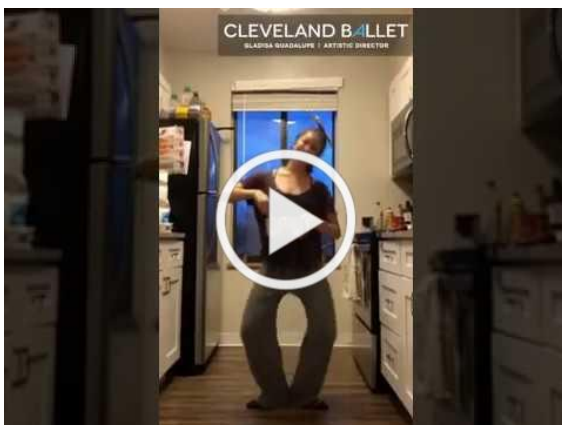
[Visit our Website]

Company Member Spotlight:
Lorenzo Pontiggia

Get to know Lorenzo, representing his hometown of Italy, who spoke about his experience growing up as a dancer in Italy and how him and his family are moving forward at this time.

[Read Lorenzo's Story]

How Ballerinas Bake!

Our company members have developed a sweet tooth over the quarantine! They decided to bake a red velvet cake. The main ingredients? Milk, eggs, and plié!

#BakeWithCleBallet

What Cleveland Ballet

Means to Me:
Jonas Godwin

Godwin eloquently spoke about his time and growth with Cleveland Ballet. His training under Artistic Director Gladisa Guadalupe has helped him grow in the right direction.

Read Jonas's Story

WEEKLY FITNESS CHALLENGE:
1 MINUTE PLANKS

Cleveland Ballet challenges YOU to hold a 1 minute plank EVERY DAY this week! The benefits of planking once a day consist of:

1. **It's GREAT for your abs!**
2. **Reduces back pain.**
3. **Increases flexibility.**
4. **Improves posture.**
5. **Boosts your metabolism.**

*Brought to you by Healthline Online Magazine

#ReleveWithCleBallet

Free Pre-Recorded Classes on YouTube!

We now offer prerecorded classes online with School of Cleveland Ballet! Our two levels, Professional/Advanced and Intermediate, are prerecorded by our company members and taught by our Artistic Director, Gladisa Guadalupe.

Visit our YouTube

THE OFFICIAL SCHOOL OF
CLEVELAND BALLET
GLADISA GUADALUPE | ARTISTIC DIRECTOR

Ways to support Cleveland Ballet!

1) Support us on our **Give Lively** page with our different levels of giving!

2) Text **cleballet** at **44321** to support Cleveland Ballet!

3) Visit our **website** and go to our support page for the **School** and **Company**!