



# AIT CHICAGO SPRING SERIES:

**MARCH 21 – STRENGTH & STRETCH**

**MARCH 28 – POP, LOCK, & POSE**

Join AIT Chicago Company members, **Shaheen Bronkowski** and **Kayla Grayson**, as well as AIT Chicago Director, **Molly Poniatowski**, for a “**Strength & Stretch**” class including fusing flexibility, musicality, strength-building. “**Pop, Lock, & Pose**” is a high energy class working with rhythm, coordination, and balance to help skaters develop muscle memory and choreography skills to fun, contemporary music. **Questions? Email [chicago@americanicetheatre.org](mailto:chicago@americanicetheatre.org).**

AIT Chicago Spring  
Series

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**Saturday, March 21  
8 – 9 AM**

**Saturday, March 28  
8:30 – 9:30 AM**

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**\$20 / Class**

Register at this link by  
March 18

<https://forms.gle/EejT1UMCzo2o13by8>

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McFetridge Sports  
Center – Yoga Room

3843 N. California

Chicago, IL 60618

