

CLEVELAND BALLET

GLADISA GUADALUPE | ARTISTIC DIRECTOR

WEEKLY NEWSLETTER

Visit our
Website

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 in our weekly fitness challenge.



We hope you had a **HAPPY EASTER** and a nice visit from a special White Rabbit! Now, go for a walk and paint the roses **RED**.

*Photo on right, 2018 premiere of ALICE, choreography by Margo Sappington.

Company Member Spotlight:

Kaela Ku

Get to know Kaela, a young lady who has traveled the world for what she finds most important: family, friends, and dance!

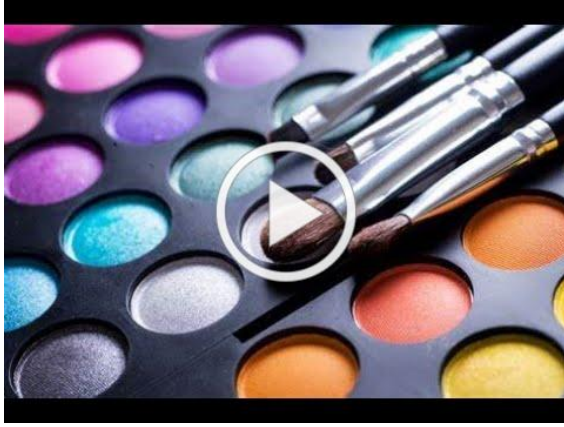
Read Kaela's Story



The Art of Stage Makeup!

Cleveland Ballet trainee, Lily Sargent, explains the importance of makeup when it comes to bringing characters to life on

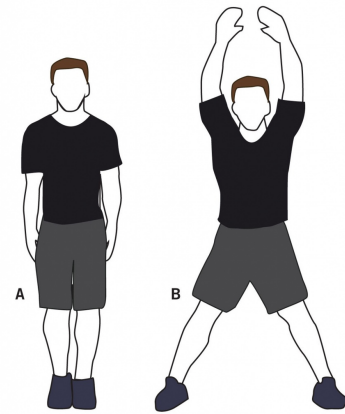
stage.



[#MakeupByCleBallet](#)

WEEKLY FITNESS CHALLENGE: 50 JUMPING JACKS

Cleveland Ballet challenges YOU to do 50 jumping jacks **EVERY DAY** this week! The benefits of doing jumping jacks every day consists of:



1. **Great Cardio Exercise, Makes Heart and Lungs Stronger.**
2. **Builds Stronger Muscles.**
3. **Improves Coordination.**
4. **Easily Modified.**

*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](#)

Ways to support Cleveland Ballet!



Check out our [Give Lively](#) page to see our various levels of giving!

Text [cleballet](#) at [44321](#) to make a donation "on the go" to Cleveland Ballet!

Visit the support page on our [website](#) for the [School and Company](#)!