

# 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.

Get **Sweaty**  
with **Cvetty**



Saturday  
11:30 AM

Live stream via **Instagram**  
@schoolofclevelandballet



Join us on **Instagram Live**  
this Saturday at 11:30AM to  
**Get Sweaty with Cvetty!**  
Company Member, **Elena  
Cvetkovich**, will wake you  
up and get you moving this  
weekend with a great  
workout!

## Company Member Spotlight!

### Elías Re

Read how Elías **fell in love with ballet** and spends his quarantine days **staying in shape!**

Read Elías's Story



## 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](#)!

## Weekly Fitness Challenge!

### 20 PUSH UPS

Cleveland Ballet challenges YOU to do 20 push ups **EVERY DAY** this week! The benefits of doing push ups every day consists of:

- Strengthens all major muscle groups.
- Helps sustain a healthy weight.
- Strengthens bones!
- Facilitates everyday movement.
- Manages blood pressure and blood sugar.



\*Brought to you by Healthline Online Magazine

[#ReleveWithCleBallet](#)

## Subscribe to our YouTube Channel!



### Fridge Check!

What do dancers have in their refrigerators? We don't know!

Guess they'll have to do a [#FridgeCheck](#).

**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 pre-recorded by our company members and taught by our Artistic Director, Gladisa Guadalupe.

[Visit our YouTube](#)

