

# BalletActive will keep you dancing in 2024

<https://active.ballet.org.uk>

**BalletActive** is English National Ballet's digital offer with over 200 ballet and dance based fitness classes for all levels and abilities. The platform launched **Sofa 2 Studio**, a series of challenges encouraging participants to discover the benefits of dance in the new year.



*ENB BalletActive.*

Access the Sofa 2 Studio Challenge from the link below:

<https://www.facebook.com/events/894490011945175>

English National Ballet's dedicated on-demand online studio, **BalletActive**, provides access to a wide range of dance, yoga and fitness classes open to everyone and available anytime from the comfort of your home or on the move.

The platform hosts over 200 pre-recorded classes lead by ENB dancers and teachers, ranging from absolute beginners to advanced levels. Classes available on the subscription include ballet, flamenco, contemporary dance, yoga, Pilates, strength & conditioning, and a series of seated classes designed for those with limited mobility. With new classes added regularly, there's always something new to try.

For the new year, the Company invites everyone to join the **Sofa 2 Studio Challenge**, a 3-week free event, aiming to incentivize participants to start a new activity in 2024. Each challenge is

designed to meet different goals and fitness abilities, including options for seated exercise, while unveiling the positive impact of dance and exercise in both physical and mental well-being.

English National Ballet believes that dance is for everyone, and it's never too late to start taking classes. Dance offers plenty of benefits including improved posture, coordination, and even improving overall mood. At the same time, it also boosts cardio activity, making it a perfect workout while having fun along the way.

BalletActive teacher and former ENB dancer Crystal Costa says: "I love that ballet can be danced by anyone and everyone who wants to try. From beginners to professionals, this artform is a continuous journey for all".

Subscribers also emphasize the benefits of the platform: "I'm more agile, my body feels stronger and I'm overall in a better mood!" (Jessica, BalletActive Subscriber).

Monthly subscriptions to BalletActive are £9.99 a month, When signing up for an annual package, users get 3 months free, paying £89.91. Classes are available on <https://active.ballet.org.uk>.

Watch the BalletActive campaign video [here](#).

-ENDS-

**For further information, interview requests, and images, please contact Inês Carvalho, Press Officer, on [ines.carvalho@ballet.org.uk](mailto:ines.carvalho@ballet.org.uk)**

#### **Notes to Editors**

English National Ballet is a National Portfolio Organisation supported by Arts Council England. Ballymore is Principal Building Partner of English National Ballet.

#### **About English National Ballet**

English National Ballet has a long and distinguished history. Founded in 1950 as London Festival Ballet by the great English dancers Alicia Markova and Anton Dolin, it has been at the forefront of ballet's growth and evolution ever since.

English National Ballet brings world class ballet to the widest possible audience through performances across the UK and on eminent international stages; its distinguished orchestra, English National Ballet Philharmonic; its digital platforms Ballet on Demand and BalletActive; being a UK leader in creative learning and engagement practice, building innovative partnerships to deliver flagship programmes such as Dance for Parkinson's; and through talent development initiatives including Ballet Futures which looks to create a more diverse and inclusive future for the artform.

English National Ballet continues to add ground-breaking new works to its repertoire whilst celebrating the tradition of great classical ballet, gaining acclaim for artistic excellence and creativity. 2019 saw the Company enter a new chapter in its history with a move to a purpose-built state-of-the-art home in east London, allowing a renewed commitment to creativity, ambition, and connection to more people, near and far, than ever before.