

Dancer's Health

CLASS DESCRIPTION

Students will have the opportunity to expand their knowledge and interest in overall dancer health in this unique class with rotating themes and instructors. Topics will include conditioning, strength training, nutrition, dance therapy, stretching, and other aspects that influence or are extensions of the art form. Dancers will enhance their anatomical awareness, physical well-being, body articulation, ability to prevent injury, creative expression, and cultural appreciation.

Required equipment/supplies: Swiss ball, 3-5lb ankle weights, 5lb hand weights, resistance bands, Theraband, 12-14in step, yoga block, yoga mat, notebook, pencil

