

Ages 9 + Strength & Flexibility

The art of dance calls for a delicate balance of strength and flexibility. In this class, we will learn how to tone and strengthen muscles to increase endurance and performance. Student will also learn which stretches are best to lengthen your tight muscles and increase your range of motion. An age limit of 9 year and older is recommended to ensure safety and proper instruction.

This class does not perform.

Required dance attire: Active wear, tie shoes, or bare feet

Tuition: \$40

Hours: 1 hour

Class is offered Wednesday: 8:00 – 9:00 pm

Teacher: Jessica Gabler - jessica.haslip33@gmail.com

FEES 2019 – 2020

**No fees for this class.*

