

Cross Fit For Dancers...

Cross Fit For Dancers will be offered in 2 sessions over the summer with Miss Amanda:

Session 1: Monday 7/9 & 7/23 -- Wednesday 7/11 & 7/25
6:30-7:30PM

Session 2: Monday 7/30 & 8/6 -- Wednesday 8/1 & 8/8
6:30-7:30PM

This class will be extremely helpful to all dancers who are looking to improve, strengthen, and grow as performers. This class will not only get the dancer into better shape, increase endurance, and strengthen muscle groups but will help them with safe correct, effective form while giving them the tools and skills to do the exercises on their own safely. All exercises are expected to be continued through out the year for optimum results and improvement.

COST: See Summer Clinic Information for Pricing

