



**Strength Conditioning & Exploring Improvisation & Choreography (ages  
12+)**

This class is designed to focus on improving dancers' strength, confidence, and mind/body connection through strength training, Pilates conditioning, and reinforcement of proper basic techniques. Additionally, dancers will be introduced to improvisation and choreography, and will be able to explore their artistic creativity by learning the way they organically move. The recital piece for this class will be an instructor guided work of collective student choreography.

**Monday 6:00 – 7:00 PM**