

Magna Physical Therapy & Dance Medicine Center

# Dance Conditioning

## Winter Intensive



***A two day clinic to maximize performance potential and prevent future dance injuries through technique classes, physical conditioning, fitness assessments, and dance wellness education***

**Daily Activities Include:**

- Technique class with a focus on building performance strength
- Daily pilates classes
- Individual dance skills workshops with a focus on turns, jumps, leaps, and turn out
- Fitness testing to reveal personal weaknesses to improve upon
- Dance-specific conditioning work
- Dance science lessons, including nutrition, conditioning, anatomy and physiology, dance injuries, and injury prevention

**Dates and Times:** December 28-29, 2011

**Pricing:** \$150 per students

**Open to dancers ages 12-18**

Space is limited. Register by December 15<sup>th</sup> to reserve your spot.

To register or for more information, please contact Bridget Kelly

at (860)679-0430 or [bridget@magnaphysicaltherapy.com](mailto:bridget@magnaphysicaltherapy.com)

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