

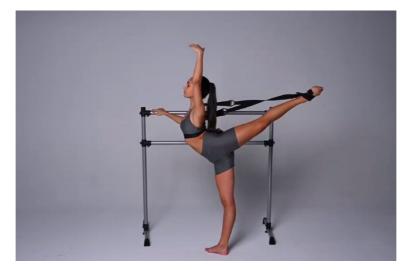
## FOR AUDIENCES

Community Calendar Volunteering

## September 3 - October 1, 2021 Maximal Flexibility for Dancers Course

Company: FLX Stretch Training Location: Chicago, IL

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LEARN HOW TO SAFELY ACHIEVE DESIRED FLEXIBILITY THROUGH SIMPLE STRETCHING AND STRENGTHENING EXERCISES.

This online course reviews the fundamentals of anatomy, physiology, and movement for normal range of motion. Beyond traditional stretching, you'll gain an understanding of the need for maximal flexibility in dance and learn about safety considerations for hypermobility. Using your Flexistretcher®, you'll learn NEW exercises to safely increase maximal flexibility relating to dance and basic progressions for improving flexibility for dancers.

Course is available online, anytime you'd like!

FLX Stretch Training	Schedule
Online	September 3, 2021: 8:00am, 8:00pm
Chicago, IL, 60602	September 10, 2021: 8:00am, 8:00pm
https://flxstretchtraining.com/products/maximal-flexibility-for-	September 17, 2021: 8:00am
<u>dancers</u>	more

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