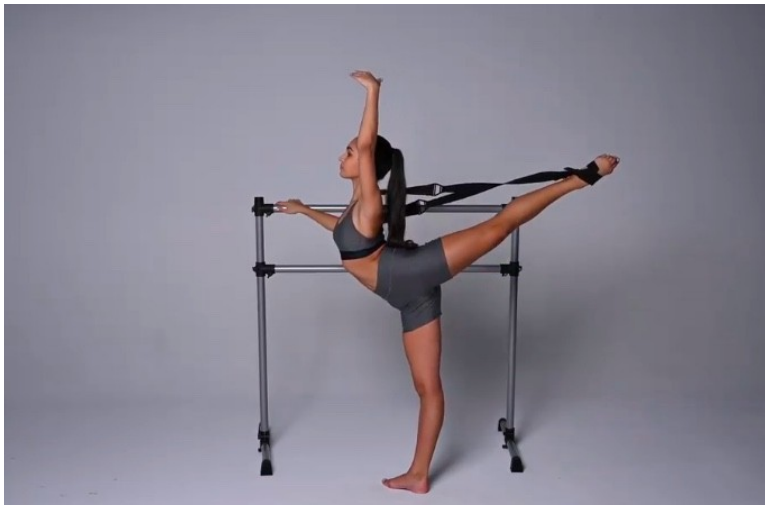
September 3 - October 1, 2021

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
Online
Chicago, IL, 60602
https://flxstretchtraining.com/products/maximal-flexibility-for-dancers

Schedule
September 3, 2021: 8:00am, 8:00pm
September 10, 2021: 8:00am, 8:00pm
September 17, 2021: 8:00am
more

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