

Friday, August 1, 2014

Amy Marshall Dance Company NYC Intensive

Company: Amy Marshall Dance Company
Venue: New York City Center
Location: New York, NY

► [Share](#) | [Print](#) | [Download](#)



Jessica Paulson

The Amy Marshall Dance Company Summer Intensive provides a unique platform to empower dancers to reach their technical and artistic capabilities. Students from the program have continued on to become members of the Amy Marshall Dance Company and other prominent dance companies in New York. Our young dancers have been accepted at the most prestigious of dance colleges. The faculty at the AMDC SI makes it a priority to see dancers excel beyond their expectations.

Our newest addition to the AMDC is Physique 57™. It's a vigorous and dynamic exercise method designed to rapidly transform your body. As featured in major media such as Vogue, W, Fitness Magazine, The New York Times, Today Show and The Martha Stewart Show, the method is a focused and proven cardiovascular program of isometric exercises and orthopedic stretches. Our interval training sets incorporate muscle-defining arm exercises, intense thigh and seat sequences, waist-chiseling ab moves and fluid stretches to create a long and lean dancer's body.

Dancers can expect rapid results toward:

- * a sculpted physique
- * improved cardiovascular health
- * long, lean, supple muscles
- * improved strength and endurance
- * better flexibility
- * improved body alignment
- * lifetime health and conditioning
- * stronger abdominal muscles

SAMPLE SCHEDULE (NYC)

9:00-10:00am Physique 57
10:05-11:30am Modern
11:40-1:00pm Ballet
1:00-1:45pm Lunch/Lecture series
1:45-3:15pm Choreography with Amy
3:15-4:40pm Repertory
4:40-5:00pm Stretch

Sunday August 3rd
4:00pm Student Performance

Tuition \$700
www.amymarshall.com
718-267-7194

Amy Marshall Dance Company
131 W 55th St
New York, NY, 10019

Schedule
July 28, 2014: 8:00pm

[< back](#)

[previous listing](#) • [next listing](#)