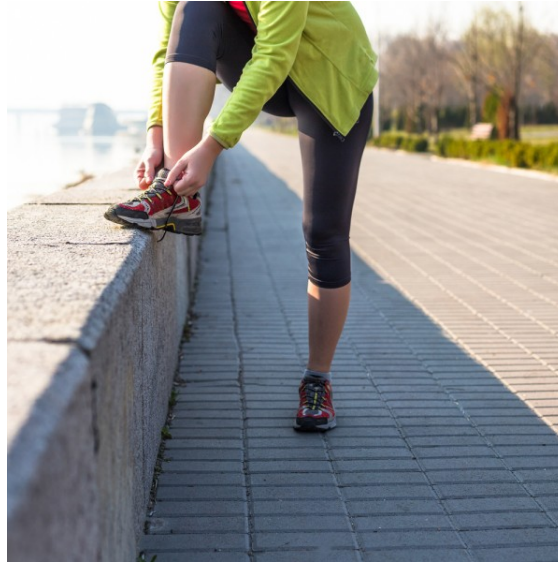


Thursday, February 11, 2021

Fitness Test Lab

Company: NYU Langone's Harkness Center for Dance Injuries
Venue: Virtual / Harkness Center for Dance Injuries
Location: New York, NY

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Harkness Center for Dance Injuries is excited to partner with Gibney once again this spring to provide a series of virtual workshops open to the public.

Join us Thursday, February 11 at 1:00 PM EST for the first in the series, "Fitness Test Lab," with Will Zinser, MS, ATC.

In order to know how to get where you are going, you first need to know where you are. Accomplishing our dance fitness goals begins in much the same way. In this workshop, under the guidance of a certified athletic trainer, we will measure our current fitness levels by performing self-assessments to better understand our flexibility, strength, balance, and cardiovascular fitness. We will also discuss recommendations for improving these baseline findings through a biopsychosocial lens.

Register here:

<https://gibneydance.org/class-schedule/>

Join us for additional workshops on February 18, March 4, March 18, April 1, April 15, and May 6.

Sign up for Harkness Center e-news: <https://us7.list-manage.com/subscribe?u=a2d63cfc8309350d1ea6d5411&id=0036d73f8e>

NYU Langone's Harkness Center for Dance Injuries
614 2nd Ave. 2G
New York, NY, 10016
<https://gibneydance.org/class-schedule/>

Schedule
February 11, 2021: 1:00pm

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