

FOR AUDIENCES

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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
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