

Saturday, October 11, 2025

Stronger, Not Sore: Smart Strength for Dancers

Company: Spear Physical Therapy

Venue: Spear Physical Therapy

Location: New York, NY

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Stronger, Not Sore: Smart Strength for Dancers
Presenter: Rutvi Shah, PT, MS, CES

Description:

From Nataraja to New York stages—this workshop is for the dancer who does it all. Whether you're gliding through a varnam, hitting that triple pirouette, or prepping for tech week on Broadway, this strength and conditioning session will give you tools to move with more control, stability, and stamina. Join performing arts physical therapist Rutvi Shah for an energizing hour of evidence-based exercises that blend tradition with science. Walk away stronger, smarter, and stage-ready.

Location: Spear - 36 West 44th Street, Suite 403, New York, NY 10036

Date: Saturday, October 11th, 2025

Time: 11:00 AM – 12:00 PM

Level: Open class NO PRIOR EXPERIENCE REQUIRED. Come ready to exercise in your athletic wear.

Spear Physical Therapy
36 West 44th Street Suite 403
New York, NY, 10036

Schedule
October 11, 2025: 11:00am

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