



Stretch & Grow

ONLINE VIDEO DANCE CLASS

Here's what we are learning in this week's video class

Stretching is an important part of dance.

It keeps our muscles strong, flexible, and healthy. In this week's class, we will be going over stretches to help us improve the following

FLEXIBILITY

CORE STRENGTHENING

TURN OUT

POSTURE

WARM DOWNS

Extras

Create Your Space!

Create the perfect stretch space by grabbing a yoga mat or beach towel. You'll also want to make sure you have a little bit of cleared space for some of the stretches.

Pick Your Favorite!

After the video class, pick your favorite and show your family! See if they can do it, too!