

BOOT CAMP FOR DANCERS & GYMNASTS

July 8 - 12, 7:00 AM - 12 PM daily

A one week intensive cross-training to focus on all of the physical and mental demands facing pre-professional dancers and gymnasts. **NO DANCE CLASSES**

Daily classes to include yoga, pilates, swimming, weight training, acrobatics, self defense, Zumba, aerobic conditioning, flexibility, balance, turns, & leaps.

Each day will include one of the following classes:

- Nutrition and a healthy athlete
- How to manage time
- Taking care of yourself/sleep
- Meditation/Relaxation/Breathing
- How to cope with stress and nerves

Due to the numerous expensive professional trainers, there is an added fee to our regular class rate and class cards are not allowed to be used as payment. **NO DROP-INS**

Week rate \$625.00

Daily rate \$140.00