

Items Needed for Classes: All Students will need to bring a Yoga Mat, Exercise Bands, ankle weights, yoga block, & 2 & 5lb or 5 & 10lb weights with them to class.

Cardio Training for Dancers

A Cardio & Stretch for Dancers class is a high-energy, technique-informed conditioning session designed to build stamina, improve recovery time, and increase functional flexibility — all while supporting the specific movement patterns dancers use every day.

This class blends dance-based cardiovascular training with intentional, mobility-focused stretching to create a balanced, performance-enhancing workout.

The cardio portion focuses on endurance without sacrificing form. Instead of generic fitness drills, movements are dance-driven and alignment-conscious.

What It Includes:

- Traveling combinations across the floor
- Jump sequences with controlled landings
- Turn progressions performed at tempo
- Footwork drills for speed and precision
- Dance-inspired interval circuits

Heart rate is elevated through structured intervals — alternating bursts of intensity with active recovery — similar to the training principles used in High-Intensity Interval Training, but adapted specifically for dancers.

Focus Areas:

- Breath control during movement
- Maintaining technique under fatigue
- Safe jump mechanics
- Ankle and knee alignment during quick directional changes

The goal is to help dancers perform full-out choreography without losing power, clarity, or control.



Stretch & Mobility Training

After cardio, the class transitions into guided flexibility and mobility work designed for long-term range of motion — not forced stretching.

Stretch Focus:

- Hip flexors and hamstrings for extensions
- Calves and Achilles for jumps and relevé
- Inner thighs for turnout
- Back and shoulders for lines and port de bras

This portion may include:

- Dynamic stretches for active flexibility
- Isometric holds to strengthen end ranges
- Controlled leg lifts for flexibility with support
- Spinal articulation and release work

Rather than pushing into passive splits, dancers learn how to engage muscles while lengthening — building flexibility that is usable and safe.

Benefits for Dancers

- Increased stamina for long rehearsals
- Faster recovery between combinations
- Improved flexibility with strength
- Reduced muscle tightness and soreness
- Lower risk of strain or overuse injuries

This class leaves dancers feeling energized, lengthened, and balanced — with both the endurance to perform full-out and the mobility to move with ease and fluidity.