

Adult Strength And Conditioning

Class Description

Exercises and routines are introduced to build up strength, endurance and aerobic capacity. Versatile, fun and challenging workouts target major muscle groups to keep the body strong and pliable.

Prerequisite

None

Age

Not applicable

Attire

Any sort of leotard or t shirt and jazz pants or comfortable clothes to move in.

Shoes

Sneakers

Hair

Must be tied back

Other

See suggested locations for purchasing dancewear