

Course Number

ADA-041-01

Course Description

This cross training dance class taught to music and contemporary dance vocabulary focuses on the study of muscular elongation and body awareness. Special emphasis on placement, strength, endurance and flexibility will enhance the practitioner's potential. Open to all interested in learning and experiencing the fundamentals of a physical discipline.

Academic Term

22/FA

Instructor

Moutillet, Miryam

Location & Meeting Time

T/TH 01:00PM-01:40PM

Credits

0.00

Capacity

10

Total Students

0

Academic Department

Dance

Field Of Study

Dance (ADA)