

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 practioner's potential. Open to all interested in learning and experiencing the fundamentals of a physical discipline.

Academic Term

20/WI

Instructor

Moutillet, Miryam

Location & Meeting Time

Henle Dance Pavilion-DANS M/W 01:00PM-01:40PM

Petition

N

Credits

0.00

Capacity

16

Total Students

15

Additional Information

[http://www.union.edu/academic\\_depts/theater\\_dance/](http://www.union.edu/academic_depts/theater_dance/)

Academic Department

Dance

Field Of Study

Dance (ADA)