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/WI
Instructor
Moutillet, Miryam
Location & Meeting Time
Henle Dance Pavillon-DANS T/TH 01:00PM-01:40PM
Credits
0.00
Capacity
12
Total Students
13
Academic Department
Dance
Field Of Study
Dance (ADA)