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
21/WI
Instructor
Moutillet, Miryam
Location & Meeting Time
Henle Dance Pavilion-DANS T/TH 01:20PM-02:00PM
Petition
N
Credits
0.00
Capacity
10
Total Students
9
Course Link
http://www.union.edu/academic_depts/theater_dance/
Academic Department
Dance
Field Of Study
Dance (ADA)