

DANCE STRONG WORKSHOPS



Sundays 9:00-10:30am

JUNE 11 - HEALTHY HIPPS

JULY 16 - HAPPY FEET

AUGUST 13 - POWER YOUR JUMP

AUGUST 27 - SAFE STRETCHING

SEPTEMBER 10 - BEYOND THE PLANK



Please scan code
and fill out contact form.

We will get back to you ASAP!



Ages 12+
Space is limited
See back for details

• to • the •
POINTe
PHYSICAL THERAPY

2023 Workshops

Aimee Martel, DPT, PT - Doctor of Physical Therapy and Dance Medicine Specialist

Maddie Mendes, CPT - Certified Personal Trainer and Dance Specialist

- Each class is thoughtfully designed to inform the dancer in safe strengthening and stretching, relevant anatomy, injury risk reduction strategies for common dance injuries, and cross training and conditioning.
- Dancers will leave with a 6-week cross conditioning program tailored to each topic.
- Choose as many classes as you'd like. Bring a friend!

Class size limited to 6 dancers, ages 12+

\$75 each. *Non-refundable*, but you may switch to a different class providing there is space, or transfer to a friend.

Sunday June 11 - Healthy Hips: Is the popping/ snapping in my hips normal? How do I safely get more turnout and higher extensions?

Sunday July 16 - Happy Feet: Adequate, safe, and specific strengthening and mobility work is critical to not only improve your foot lines, but also reduce risk to the most frequently injured area of the dancer's body.

Sunday August 13 - Power Your Jump: Goals of more dynamic and powerful leaps? Come start your program!

Sunday August 27 - Safe Stretching: Flexibility or mobility? What is, and isn't helpful in improving your range.

Sunday September 10 - Beyond the Plank: Planks are great, but are they the best way to improve core strength for a dancer? Come find out.

*Dancers should come prepared to move and **MUST** be wearing sneakers!

Workshop Location:

To The Pointe Physical Therapy

1196 Boulevard Way, Suite 7

Walnut Creek, CA 94595

(925) 334-0365

aimee@tothepointept.com