

ACRO



- ★ Class will begin with a warm-up to target specific muscle groups
- ★ Students will concentrate on flexibility, strength, and control to perform tricks, balances, and tumbling
- ★ Focusing on achieving proper technique and safety, students can further their acrobatic skills

Classes Offered

TUESDAY 4:30-5:30 ACRO
DANCE 2 Rising Stars/Super
Stars with Mya and Lily

WEDNESDAY 5:30-6:30 ACRO
DANCE 3 Super Stars/Super
Novas with Mya and Lily

THURSDAY 5:30-6:15 ACRO DANCE 1
Protostars/Rising Stars with Amy

THURSDAY 7:30-9:00 Strength/Conditioning Flexibility/Acro
Super Stars/Super Novas with Amy and Harley