

Conditioning and Alignment Training for Dancers

At Callan-Harris Physical Therapy

Dancers ages 10-18+

All dance levels and styles



When:

Tuesdays 4 - 4:50 pm

June 7th - July 26th

\$ 18 / class drop in

\$150/10 Class card

Where:

Callan-Harris Physical Therapy

1328 University Ave

Rochester, NY

Space is limited please call to reserve

(585) 482-5060

Focus on:

Core stabilization, Lower Extremity Alignment, Strengthening, and Injury Prevention

Taught By: Sarah Jane Carlton PT, DPT, MFA; Dancer, Choreographer, Teacher, Physical Therapist specializing in Performing Arts Therapy. email sarah@chptusa.com for more information.