



“CROSS-TRAINING FOR STRENGTH AS BOTH A HUMAN AND A DANCER.”

STRONG DANCER

8 weeks | Saturdays from 10:30 am to 12 pm
Saturday, January 14th through Saturday, March 4th

This is an 8 week, cross training focused course that is specifically designed for dancers. This course provides both physical and mental conditioning and is led and developed by Dr. Allyson Lewis, our performing arts and dance physical therapist.

Course curriculum includes educational topics such as physiology, anatomy, injury prevention, and proper strengthening techniques. Social emotional topics for discussion are going to include a variety of topics specific to dancing athletes; areas of discussion will include but not be limited to: self-care, self-vale, self-love, identity, nutrition, growth mindset, confidence, self-esteem, body image, and a “strong human, strong dancer” mentality.

Each class session will consist of education, movement, and discussion.

As an additional benefit, at the beginning of this course, time will be allotted for baseline testing of each dancer’s strength and body awareness. A re-testing will take place at the conclusion of the course to assess growth and growth opportunities.

Dancers must be ages 14 and up. Space is limited to six dancers per session.

Please contact our office with any questions before registering! (269) 447-2672

VISIT OUR DANCE HQ TO REGISTER OR LEARN MORE. ↓



Led & Developed by:

DR. ALLYSON LOWIS

PT, DPT, COMT, LMT, CERT. MDT

Dr. Allyson is a Kalamazoo native and graduated from Hope College with a BA in Exercise Science and a minor in dance in 2012. While at Hope she was in the pre-professional dance company dANCEpROJECT, now known as H2. After Hope she earned her massage therapy license before going on to Central Michigan University where she graduated with her Doctorate in Physical Therapy in 2017. Allyson is a Certified Orthopedic Manual Therapist, McKenzie certified, LSVT Big certified, and has attended additional courses specializing in treating dancers. Dr. Allyson is also a member of the international association for dance medicine and science (IADMS). (Photographed by Erik Alberg.)

