

TOO MUCH FRUIT CAKE? HOLIDAYS HAVE YOU OUT OF SHAPE? TIME TO GET CONDITIONED!!!

»» 1 round for beginners, 2 rounds for experienced

A WEEK OF FULL BODY

Monday

40 High Knees
20 Squats
10 Pushups of Choice
45 Situps
10 Burpees
25 Walking Lunges
25 Step Ups
40 Jumping Jacks

Tuesday

50 Jumping Jacks
10 Tricep Dips
50 Russian Twists
10 Pushups of Choice
:30 Downward Dog
20 Knee to Elbow Crunch
20 Bird Dogs
50 High Knees

Wednesday

60 High Knees
20 Low Side Lunges
15 Hinges
20 Squats
30 Gluteal Bridges
60 Russian Twists
15 Plié
60 Jumping Jacks

Friday

70 Jumping Jacks
30 Vertical Leg Crunches
20 Squats
15 pushups of choice
30 Step Ups
1:00 Plank
10 Burpees
70 High Knees

Thursday

REST

Saturday

80 High Knees
30 Leg Lifts each
15 Tricep Dips
75 Russian Twists
20 Plie'
1:00 on Hand Plank
80 Jumping Jacks

Sunday

90 Jumping Jacks
20 Pushups of Choice
50 Situps
30 Bird Dogs
35 Walking Lunges
20 Hinges
15 Jumping Squats
90 High Knees



Healthy Recipe: A Nutrient-Dense Salad!!

Ingredients: Leafy veggies of your choice, Beans, Fruit Slices, and Nuts (optional with allergy)

Instructions: Put all ingredients in a medium bowl with your choice of dressing, Mix slightly. Enjoy!!

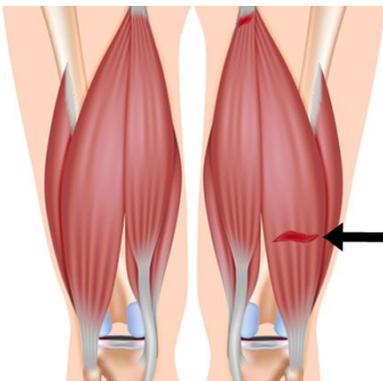
This is an easy, healthy snack that will help you power through any rehearsal or performance!!



Injury Prevention: How to Avoid Pulling Your Leg Muscles

You just did really well in your dance class. You were focused and worked hard to get your leg higher when you kicked, or made sure every muscle was engaged. It was great. Then, you wake up the next morning and your legs are super sore. You realized that you pulled a muscle.

Pulling a muscle can be awful. The pain can be extreme, and you may be limping for a while. However, there are many ways to avoid these minor injuries while also getting the high kicks that you desire. It is as simple as the power of stretching.



Every dancer knows how to stretch, but doing it well and on a regular basis is important. As far as leg muscles go, doing comfortable stretches on the floor will help enormously. For example, sitting with your legs straight out and your feet flexed, and then reaching down to grab them will help you really stretch all of your leg muscles. Holding this position may feel a little uncomfortable or sore, but that feeling will show that you are stretching. However, stretches such as this one shouldn't cause you extreme pain.

In conclusion, stretching every muscle on a regular basis will help you to not pull muscles, which in turn prevents you from possible pain and limping.

Helpful Equipment for Dancers- NEW!

This segment is to give you information about the equipment that can help you stretch and practice dance moves!

Equipment of the Month: Foam Roller!!

This roller is very helpful for letting you roll out any knots or pain in your legs, as well as help you stretch your muscles. Also, you can cut the foam rollers in half as a challenge to have great spits!! You use the roller half as a prop to raise your leg above the floor for an extra stretch.

These foam rollers are the best for stretching! *Need a roller, but don't have the budget. Check your kitchen! A wood rolling pin will do the trick most of the time...*





Looking for volunteers for Carpentry,
Crafting, Sewing, and Inventory

Our Stage productions of OZ will require some very special sets and props. Also, we need to organize and inventory our storage unit. If you have these skills and some time on your hands, we can really use your help. Please see or email the front desk for details.



Congratulations to all our January Birthdays!

Jan 3... Kira Weeks: 6!
 Jan 4... Clare McGuire: 18!
 Jan 5... Luke Riza: 15!
 Jan 6... Faith Kim: 6!
 Jan 8... Madelyn Drane: 18!
 Jan 9... Peyton Dutton: 15!
 Andrea Herghelegiu: 14!
 Jan 11... Sharvari Chinaware: 10!
 Jan 12... Sofia Potter: 5!
 Natalie Schmid: 16!

Jan 17... Andreah Harris: 17!
 Jan 21... Karina Gonzalez: 16!
 Jan 28... Michelle Christopher: 18!
 Ethan Pruitt: 15!
 Cora Robinson: 11!
 Jan 30... Audrey O'Kelley: 17!
 Annette Oliva: 7!
 Jan 31... Luna Cruz: 6!



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BENEFITS OF DANCING FOR KIDS

1 IMPROVES PHYSICAL HEALTH

Dancing regularly can significantly increase physical strength, flexibility, range of motion & stamina

2 INCREASES CO-ORDINATION

Repetitive movements lead to improved balance and muscle tone. Corrects posture and overall cardio vascular health.

3 HELPS IMPROVE FOCUS

Dance requires creativity and imagination, which in turn leads to improved focus.

4 IMPROVES SELF-ESTEEM

Dance makes kids more aware of their bodies. As they become more comfortable in their own skin, their confidence and self-esteem improves.

5 IMPROVES SOCIALIZATION

Dancing makes a kid care less about their inhibitions. This makes them less shy, reducing anxiety about new people or places.

How Dancing Relieves Stress

By: Addison Barrett

Dancers are freed from stress everyday by simply channeling their feelings through their movements. However, there is a psychological component to this. All stress can be relieved through a simple dance.

Psychologically, dance allows the mind to clear all stress and feelings and allow the mind to reach a greater sense of focus and relaxation. Also, any physical movement helps reduce stress because it changes the focus of the mind towards stretching muscles instead of worrying. Dance distracts your mind from your stress and channels the energy into your muscles.

In my opinion, dance releases any stress in the body if you just relax and put all of your thoughts into the music. This helps me stop worrying about school or other things because it lets me just chill and release all sad thoughts. Dance releases everyone's stress, and according to quora.com, "Dance therapy is the perfect stress reliever."