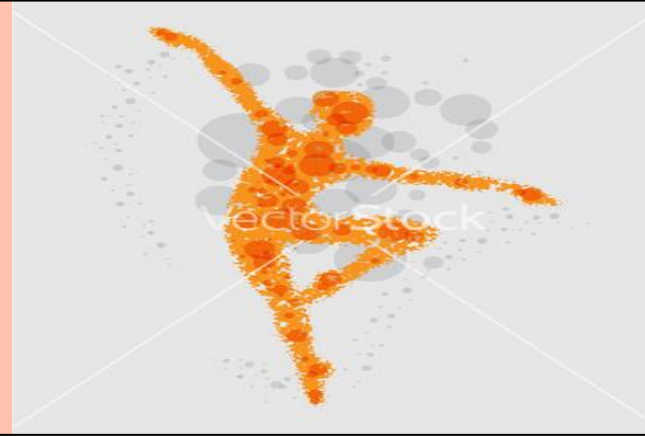


Elements of a Dance Class



WARM-UP

- Increase Circulation & heart rate
- Loosen muscles/ lubricate joints
- Raise Core Body Temp



CENTER

- Practice non-locomotive (stationary) movement/ movement phrases



STRETCHING

- Increase elasticity of muscles, promote flexibility



ACROSS THE FLOOR

- Practice locomotor movement, traveling through space



COMBINATION

- Combine all elements of class together into a finished phrase with a specific rhythmic structure
- Generally performed to music



COOL DOWN

- Lower heart rate and core body temperature, continue circulation
- Gradual tapering off of activity

