

**ENROLLING
NOW!**



BUNTINGFORD
SCHOOL of DANCE

New! **Stretch & Strengthen Classes** **Mondays** **Starting Sept 2025**

Our Stretch and Strengthen Dance Class offer a unique blend of flexibility training and muscle conditioning, tailored specifically for dancers

Regular stretching increases joint mobility, which enhances dance technique and reduces stiffness. Flexible muscles are less prone to strains and tears, especially in high-impact or repetitive movements.

Strengthening exercises often target the core, which is essential for balance, posture, and control in dance. Strong muscles support joints, reducing the risk of overuse injuries.

Strength and flexibility work together to improve body alignment, which is crucial for clean lines and efficient movement. Strong, flexible muscles respond better to complex choreography and quick transitions.

Keen to improve and take your dancing to the next level? Enrol now

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