

# **Acrobatics**

## **(Levels I and II)**

Acrobatics at Just Dance focuses on strength and flexibility that a student can transfer into their other dance classes. A few basic tumbling exercises will be taught, such as forward rolls, handstands, cartwheels and round-offs. This is not a gymnastics course and students wishing to pursue gymnastics should not use this as training. This class is great for dancers who want an extra class every week that works on back and hip flexibility and full-body strength.

### Class structure and curriculum:

- Center warm-ups
- Intense core, arm and leg strengthening
- Detailed flexibility work especially in back and hips
- Mat exercises include forward and backward rolls, handstands, round offs, cartwheels, and front and back walk overs
- Center balance and leg extension technique
- Cool down and stretch