

READY TO RAISE THE BARRE?

Strength and conditioning is a cornerstone of wellness for a dancer. Unfortunately, this is not always something included in your regular training. That's where OPW's Dance Performance Program comes in.

Our goal is to bridge the science of movement with the art of dancing to help create healthy, more well-rounded dancers. We want to see you take your technique to the next level and achieve whatever your goals may be. Higher extensions, bigger leaps, faster turns... this performance package is just what you need to get there!!

WHO IT'S FOR

This program is ideal if you are a dancer who:

- Wants to create healthy habits for longevity in your career
- Wants to build strength, flexibility, or both
- Have certain dance techniques you are looking to improve
- Wants to get a head start on prepping for auditions, competitions, or summer intensives
- Don't have any specific injuries that need Physical Therapy
- Don't live in the immediate Gainesville/Haymarket area
- Are over the age of 12



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ON POINTE
WELLNESS AND REHAB PLLC

DANCE PERFORMANCE PACKAGE

**DANCE STRONGER.
DANCE LONGER.**

DANCE PERFORMANCE PROGRAM DETAILS

WHAT'S INCLUDED

- 2 - 3 month commitment (depending on how visits are spaced out)
- Total of 4 hours of one-on-one time with a Physical Therapist specializing in dance medicine
- Full dance movement assessment
- Short & long-term goal setting
- Customized 12-week strength & conditioning program through TrueCoach app
- Option to continue with our monthly wellness program for continued progress and preventative care

INVESTMENT

\$800 for 12 week program

PROGRAM OUTLINE

** Timeline is an estimate, and will be adjusted based on your personal needs***

WEEK 1

Full evaluation and movement assessment

- We will assess for your limitations, set goals and lay out our plan
- 75 minutes

WEEK 2

Custom exercise program buildout

- We will go over, in detail, how to do each exercise in your custom program
- 60 minutes

WEEK 3

Applying concepts to your dance technique

- We will review any specific technique questions you have and learn how to make necessary corrections
- 60 minutes

WEEK 5-7 and WEEK 8-12

Follow up visits

- Progress exercises, answer any questions
- Can be in-person or virtual
- 30 minutes

AT OPW, IT'S ALL ABOUT THE LONG GAME...

Join our Optional Continuity Program!

Includes:

- 1 60-minute follow up visit per month (in-person or virtual)
- 1 15-minute virtual check in per month
- 4 weeks of customized exercise programming through TrueCoach app

Investment:

- \$200/month

IMPORTANT PROGRAM INFO:

- This is considered a wellness service, and therefore it is **not eligible for insurance reimbursement**.
- All payment is due at the time of service. No exceptions.
- It will be your responsibility to ensure all visits are scheduled and used. Package is **non-refundable** and expires 6 months from purchase date.
- Program is not a suitable for dancers with injuries, nor is it a substitute for Physical Therapy.