

# DANCE WELLNESS MASTER CLASS

WITH DR. ALLYSON LOWIS

NOVEMBER 7  
AGES 11 & UP 12–1:30PM

WE ARE EXCITED TO WELCOME DR. ALLYSON LOWIS FOR A SPECIAL MASTERCLASS FOCUSED ON CROSS TRAINING, NUTRITION, AND MOVEMENT!

DR. ALLYSON IS A KALAMAZOO NATIVE WHO GRADUATED FROM HOPE COLLEGE WITH A BA IN EXERCISE SCIENCE AND A MINOR IN DANCE IN 2012. SHE WENT ON TO EARN HER MASSAGE THERAPY LICENSE BEFORE GRADUATING FROM CENTRAL MICHIGAN UNIVERSITY WITH HER DOCTORATE IN PHYSICAL THERAPY IN 2017.

ALLYSON IS A CERTIFIED ORTHOPEDIC MANUAL THERAPIST, MCKENZIE CERTIFIED, AND LSVT BIG CERTIFIED. SHE IS ALSO A MEMBER OF THE INTERNATIONAL ASSOCIATION FOR DANCE MEDICINE & SCIENCE AND HAS COMPLETED NUMEROUS COURSES SPECIALIZING IN THE TREATMENT OF DANCERS.

ALLYSON BELIEVES THAT MOVEMENT IS THE BEST MEDICINE AND IS PASSIONATE ABOUT HELPING PEOPLE MOVE MORE EFFICIENTLY WHILE ENJOYING MOVEMENT. THIS WILL BE A WONDERFUL OPPORTUNITY FOR OUR OLDER DANCERS TO LEARN MORE ABOUT THEIR BODIES, MOVEMENT, AND DANCE WELLNESS FROM A PROFESSIONAL WHO UNDERSTANDS BOTH DANCE AND PHYSICAL THERAPY.

REGISTER UNDER “2026/2027 SPECIAL EVENTS, MASTERCLASSES, AND ENRICHMENT IN OUR PARENT PORTAL