

Cross-training, with Dance Medicine care, is essential to prevent injuries, keep you on stage and dancing your best. We recommend 2-3x a week during rehearsal weeks, and 1x a week during show weeks (heavier workouts during low volume rehearsal weeks and off-season, and recovery reps during heavy volume rehearsal and show weeks). Below is a list of resources available (both fee and free options included) to assist you in your cross-training/recovery goals. Questions: Please reach out to Jennifer or Betsy.

CROSS-Training and Recovery Options – Fees apply

Private Strength Training Education – Intermountain Health @ TOSH - Melissa Linstrom- Strength and Conditioning Coach. \$50.00 per session.

Hello! My name is Melissa Linstrom. I started dancing before I turned three years old and continued through high school. I trained mostly in ballet, tap, and jazz, with hip-hop, modern, flamenco, and African experience. I have been a Certified Athletic Trainer for almost 10 years working with collegiate, elite, and Olympic level gymnasts. I have a graduate degree in Kinesiology with an emphasis in Human Performance. I have experience in traditional strength training and am currently training and competing in Olympic Lifting. I live with my long-term boyfriend, and we have two Dachshund mixes named Huebert and Griffey.

Pilates Reformer Privates – Intermountain Health Pilates - Sarah Poulsen - \$50.00 per session

Sarah Poulsen is a Stott Pilates Fully Certified instructor and has been teaching Pilates for over a decade. She received her training in NYC and Seattle. Having been a dancer herself, she found a passion in helping performers and is specialized in Dance Medicine and Pelvic Floor Health. She and her husband live in Bountiful with two darling little girls and a beautiful big dog.

Gyrotonics – Trusted resource located in Utah County - Cost Varies

Ceriah Tedjamulia
Connected Fitness
17 N Merchant Street
Suite 2
American Fork, UT 84003
Cell: (832)216-7605
ceriaht@gmail.com

Body Work – A trusted sports massage therapist option – Plan ahead - Cost Varies

Pierre's Body Works
Text 801-898-9911 for appt.

CROSS-Training and Recovery Options – Free of charge

Matt Pilates –Through Intermountain Health – with Sarah Poulsen - free at the Ballet Center.

Pilates scheduled in the Capital Studio Mondays and Wednesdays one hour prior to class.

Pool – Intermountain Health @ TOSH – free during layoff weeks, sign up via Calendly. There is no cash access to, or private training available at the TOSH pool. Monitor/Lifeguard Jamie Cromer

Pool Location
5848 S Fashion Blvd
Salt Lake City, UT 84107

Artistic Portal – free

- Cross Training, In and Off-season training for strength, foot intrinsics, proprioception exercises, Pilates classes, pool videos, and mental health videos
 - Tissue release techniques - Quadratus Lumborum, hip flexor, foot mobility with yoga tune-balls
 - Injury prevention tips- Warm up and cool down techniques
 - Foot Care – callus, corns, and warts – information
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