

Initial Musculoskeletal and Fitness Screening



Saturday 27th January 2018

Dance Aerobic Fitness Test Friday 26th January

STRENGTH, ENDURANCE, FLEXIBILITY, TURNOUT, HYPERMOBILITY, BODY COMPOSITION & PHYSIOTHERAPY ASSESSMENTS

WHAT ARE THE BENEFITS OF SCREENING?

- Assess your level of fitness
- Track your training progress
- Address potential injury risk
- Achieve your optimal performance potential
- Individual one-to-one feedback session and personal report which allows you to apply the latest theories and research findings to your personal artistic practice

HOW DO I BOOK?

Bookings should be made via the Health reception:

- In person by visiting the TL Health reception desk during opening hours
- Telephone: 020 8305 9479, 020 8305 9482
- Email: health@trinitylaban.ac.uk

Payment will be made at the time of booking. All cancellations require 24 hours' notice or the full payment is due.

For further enquires please contact health@trinitylaban.ac.uk or email the Screening Coordinator, Felicity Beach f.beach@trinitylaban.ac.uk