

## COMPANY CLASS

**CATEGORIES:** Balance, Flexibility,  
Partners, Strength, Warm Up

**LEVEL:** Beginner

**EXERCISE COUNT:** 1

**URL:** <https://dancer-fitness.com/plan/company-class/>

Company Class

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## FULL LENGTH WORKOUT: BETTER EXTENSION

**LEVEL:** Intermediate

**CATEGORY:** Flexibility, Full Workout, Strength

Open the hips and strengthen the glutes for legs that lift effortlessly!

Equipment: Yoga Block, Medium / Heavy Band.

<https://dancer-fitness.com/exercise/full-length-workout-better-extension/>