

20
17

The School of Dance
200 Crichton Street
Ottawa, ON K1M 1W2

613-238-7838

admin@theschoolofdance.ca

www.theschoolofdance.ca

The
School of Dance

POD Studio Fitness

(Parents of Dancers)

Mondays and Fridays with Luciana Echazu



Mondays, 6:00-7:00pm—November 6 - December 4, 2017

Fridays, 5:15-6:15pm—November 10 - December 9, 2017

Drop-in for \$12/class!

This class will include thera-band, Pilates, core strengthening and barre exercises. Focus will be made on developing body strength and improving posture.

Level: beginner to advanced, as there are modifications to make the exercises more or less demanding depending on the level.

Dress Code: Close fitting comfortable clothes that allow for free movement of the body. No shoes.
Please bring your own yoga mat.

2017

The School of Dance
200 Crichton Street
Ottawa, ON K1M 1W2

613-238-7838

admin@theschoolofdance.ca

www.theschoolofdance.ca

The School of Dance



Luciana Echazu (Lu) is a veteran ballet mom who has been a part of The School of Dance since 2012. When she is not driving her daughter to ballet in Ottawa, she spends her time in Potsdam, NY, a rural community very close to the Canadian border.

Lu is an economics professor at Clarkson University, where she has been working since 2007 (coincidentally, her daughter started ballet at around that time at the age of 3). She teaches and conducts research in the area of Game Theory, and Industrial Organization. Lu has received many accolades in her career, including the “Distinguished Teacher” award which was presented by Clarkson University’s president during the university’s 124th commencement ceremony (in May 2017). This award is “in recognition of the importance of superior teaching”.

In her free time, Lu enjoys physical activity, from hiking to working out. She also teaches indoor cycling at a local gym in Potsdam, NY.

Lu is no stranger to the long waits in the corridors of ballet schools; having done it for 10 years, she knows how important it is to find something fun and productive to do while waiting for our bundles of joy to come out of class. So, she is looking forward to putting her “teaching skills” to the test with a new fitness class at The School of Dance: POD Studio Fitness.