



Minnesota Vikings Cheerleaders 2012 Audition Prep Classes

Have you always wanted to be a Minnesota Vikings Cheerleader but haven't danced in a while or lack experience? Now you have a chance to learn MVC style choreography and tips for being in your best "dance shape" for auditions!

The Prep Classes are led by two former six year MVC veterans, of which each were team captains and Pro Bowl Cheerleaders. Members of the 2011 MVC will also be there to assist with demonstrations.

We will cover:

- Stretches to increase flexibility in time for auditions

- Dance technique

- Across the floor skills

- High kicks

- Teaching of MVC style routines

- Stamina building mini-workouts

- Short Q&A session at the end of each night with members of the 2011 Minnesota Vikings Cheerleaders!

**Attire is workout wear. Bring dance or tennis shoes and a water bottle.

New choreography will be taught at each session. We will not re-teach choreography from previous sessions.

Attend one or all of the MVC Prep Class Dates, all 7-9 P.M.:

Thursday, March 1, 2012

Thursday, March 8, 2012 – Workout night

Thursday, March 15, 2012

Saturday, March 17, 2012 – Beauty and Business Audition Workshop

Thursday, March 22, 2012

Thursday, March 29, 2012

These prep classes are mostly dance based. On March 17, 2012, the MVC Beauty and Business Audition Workshop will provide in-depth, seminar style lectures on various MVC topics and choreography that may be used during auditions! We highly recommended you attend the prep classes and the workshop to be fully prepared for auditions on Sunday, April 1, 2012!

Pricing and Packages

Prep Classes Only - \$20/per class or \$90 for all 5 sessions

All Prep Classes and Full Day of the MVC Beauty and Business Audition Workshop - \$160
Audition Workshop – full day - \$80 / half day \$60