

MOVEMENT WEEK

BIO

Sophia Shahani is originally from Los Angeles, CA and grew up training at California Dance Academy in various styles including ballet, contemporary, jazz, tap, and ballroom. After graduating high school, she spent several years furthering her training and performing with the Joffrey Ballet, Milwaukee Ballet, and Texas Ballet Theater. She joined Syracuse City Ballet in 2024, where she has danced principal roles such as the Sugarplum Fairy in The Nutcracker and Lucy in Dracula. Outside of the studio, she is achieving a Comprehensive Pilates Certification through BASI Pilates, while being a Pilates instructor in Syracuse.



SOPHIA SHAHANI

TUESDAY JUNE 23

DANCE FOUNDATIONS 6-11 & 12+

DANCE FOUNDATIONS IS A COMBINATION OF CONDITIONING AND STRENGTHENING, ALL DESIGNED SPECIFICALLY TO ADVANCE DANCE TECHNIQUE. THE CLASS WILL BE EQUALLY FUN AND CHALLENGING, INCLUDING PILATES EXERCISES, OBSTACLE COURSES AND STRETCHING.