



AMDA ON-DEMAND

Access a newly expanded library of video content created exclusively for AMDA students and alumni. The AMDA On-Demand library includes content regarding athletic performance, mental health, open fitness, open dance, and vocal health. New videos will be uploaded weekly, so check back regularly!

AMDA Athletic Performance:

Includes strength and mobility exercises, injury prevention programs, and wellness workshops focusing on nutrition and self-care.

[Desktop Access](#) / [Mobile Access](#)

Password: AMDAathletic

AMDA Mental Health:

Access mindful breathing exercises, meditation sessions and tips for mental health self-care.

[Desktop Access](#) / [Mobile Access](#)

Password: AMDAmentalhealth

AMDA Open Fitness:

Includes a range of fitness classes designed to create a healthy and fit lifestyle.

[Desktop Access](#) / [Mobile Access](#)

Password: AMDAfitness

AMDA Vocal Health:

Learn tips, exercises, and routines to maintain and strengthen a healthy voice.

[Desktop Access](#) / [Mobile Access](#)

Password: AMDAvocalhealth

AMDA Open Dance:

Includes a variety of warm-ups and combinations in a multitude of styles including ballet, jazz, modern, contemporary, Broadway, hip-hop, tap and more.

[Desktop Access](#) / [Mobile Access](#)

Password: AMDAdance