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

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