

LIZ NGUYEN

Liz Nguyen is loved by students and parents alike for her lovable, bubbly personality and her ability to individualize her lessons to each dancer's body type. Injury prevention is of the utmost importance to Liz. She has a B.S. in Exercise Science from the University of Texas at Arlington; she has a passion for the biomechanics of the human body and that knowledge gives her a unique perspective on teaching dance and Acro. Liz is certified by Acrobatic Arts, Acro Dance Teacher Association, and Alixa Flexibility to instruct the technique of Acro Dance. When she isn't in the studio, she is leading the John Paul II High School Cardinal Belles Drill team as their Assistant Director.