



DIRECTOR'S PACKET

Theatre Fitness • Workshops • Professional Development

TRAINING PERFORMERS. EQUIPPING EDUCATORS. SUPPORTING PROGRAMS

What is Theatre Fitness?

- Stronger enduring performers
- Better dancing and vocals
- Stronger storytelling under pressure

Student Workshops

- Theatre Fitness Experience
- Vocal Bootcamp
- Movement & choreography tools

Professional Development

- Decoding movement
- Layered coaching & motivation
- Components of choreography

Program Options

- Workshops & Clinic Formats
- Virtual Theatre Fitness Options
- Pricing & Scheduling

Year-Round Support

- Performer Academy Partnership
- Leadership Team Development
- Accountability & Continued Growth

THEATRE *Fitness* FOR SCHOOLS



Train performers to move stronger, sing smarter,
and command the stage.

...because thespians are athletes too.

Standards-aligned, rehearsal-based instruction

Why Directors Trust inMOTION Studios:

- ✓ TX/GA Thespians and TxETA Clinician
- ✓ Approved Vendor across multiple ISDs
- ✓ Certified Exercise Specialist + Performing background
- ✓ Dallas/Fort Worth Region

"Emily bridges the gap — making movement clear for every level of performer and pushing choreography to the next level; and they last the full length of a show."

BOOKABLE EXPERIENCES



THEATRE FITNESS EXPERIENCE

High-energy stamina + storytelling training.
-Cast lasts and performs stronger by opening night.



WORKSHOPS & CLINICS

Targeted training in dance and vocals.
Designed to strengthen the rehearsal process and elevate performance quality



PROFESSIONAL DEVELOPMENT

Practical tools that help educators teach movement, compose choreography, and coach and motivate students effectively.

FLEXIBLE FORMATS

Workshops & Clinics - Best delivered in person for hands-on coaching, application, and immediate feedback.

Professional Development - Available in person or virtually for schools, districts, conferences, and fine arts teams.

Virtual Theatre Fitness -Live Zoom available. Perfect for emergency lesson plans, theatre classes, and supplemental training.



REQUEST MORE INFORMATION

Approved vendor- DFW area
emily@inmotion-studios.com



WORKSHOP FORMATS & TIME OPTIONS

Custom Workshop Design

- ✓ Workshops are custom-designed around your productions, rehearsal needs, and instructional goals.
- ✓ Focus areas and learning objectives are selected to fit your schedule, time constraints, and student needs.
- ✓ All workshops are delivered on your campus.

Student Workshop Options

- ✓ Theatre Fitness Premium Experience
- ✓ Vocal Bootcamp
- ✓ Dance Fundamentals
- ✓ Components of Choreography

Time Options

- ✓ 1–3 hour workshops
- ✓ Half-day or Full-day options
- ✓ Multi-day intensives
- ✓ Virtual single or multi-session options

Logistics & Notes

- ✓ Workshops held on campus
- ✓ Schools outside a 30 mile radius of Waxahachie may incur travel expenses
- ✓ Space required: open rehearsal space / stage / gym
- ✓ Sound system preferred (when applicable)





PROFESSIONAL DEVELOPMENT FOR THEATRE EDUCATORS

Practical training to strengthen **instructional quality** aligned to **TEKS**,
and **support T-TESS** proficiency in the
theatre classroom.

AREAS OF PROFESSIONAL DEVELOPMENT



Decoding Movement

Instructional tools to help directors translate vision and physical storytelling.

- ✓ Strategies for breaking down movement so students execute with confidence.
- ✓ Layered approaches to teaching physical expression, clarity, and intention on stage.



Vocal Coaching for theatre educators

Instructional tools to help directors coach vocals for musical theatre.

- ✓ Strategies to solve common vocal challenges and improve expression/power.
- ✓ Techniques for maintaining technique while students are physically moving.



Components of Choreography

Intentional ensemble staging for musical theatre storytelling.

- ✓ Shaping, levels, locomotion, and contrast for clear stage pictures.
- ✓ Laban/Le Bon energy qualities to define intention, mood, and character.

EQUIP YOUR TEACHERS WITH **PRACTICAL TOOLS**
AND **MEASURABLE STRATEGIES**

WORKSHOP PRICING OVERVIEW



Theatre Fit Experience

Hi-energy masterclass building confidence in the ensemble

- ✓ 1 HR
- ✓ \$275



Full Day Workshop

Comprehensive training day integrating tools and strategies

- ✓ Up to 6 hours
- ✓ \$900



Extended Workshop

Deeper skill application tied directly to rehearsal and performance goals

- ✓ 3 HRS
- ✓ \$475



2 Day Intensive

Multi-day training made for choreo creation, feedback and growth

- ✓ Up to 12 hours
- ✓ \$1500

Custom & Combined Options

Custom pricing available for multi-day residencies, combined student + educator training, or professional development sessions.



- Schools outside a 30 mi radius of Waxahachie may incur travel expenses
- Final pricing confirmed based on scope, schedule, and program needs

in MOTION STUDIOS ACADEMY PARTNERSHIP

✓ DANCE TRAINING ✓ STRONGER PERFORMERS ✓ BETTER PROGRAMS



**BULK ACCESS.
BIG IMPACT.**

One flat rate gives all of your students membership access to everything.

WHAT STUDENTS GET



THE ACADEMY EXPERIENCE



- LEADERBOARDS & CHALLENGES
- PROGRESS TRACKING
- COMMUNITY SUPPORT
- BUILT-IN ACCOUNTABILITY



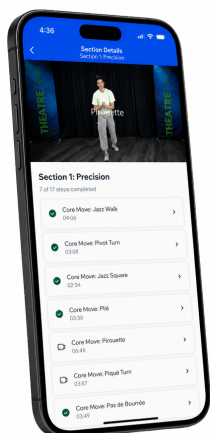
TRAIN
Classes
Technique
Conditioning
Core Skills



TRACK
Submit
Get Feedback
See Progress



THRIVE
Stay Accountable
Impact Culture
Build Confidence
Perform Stronger



*Everything
they need.
All in one
place.*



**A COMMUNITY THAT
BUILDS BETTER
PERFORMERS**

Students encourage each other.
Leaders step up.
Everyone gets better.

SIMPLE PARTNERSHIP

- ✓ One flat rate for your entire program
- ✓ Choose the access level that works
- ✓ Make it mandatory or optional
- ✓ A fraction of individual membership cost



A STEAL OF A DEAL.
You get a complete training system.
Your students get a year of growth.
Everyone wins.

✓ **CONSISTENT TRAINING. STRONGER SKILLS. CONFIDENT PERFORMERS.** *All Year Long*



EMILY MCKINNEY B.S. Exercise Science and Dance

Exercise Physiologist. Guest Artist. Choreographer. Program builder.

Emily bridges the gap between movement and storytelling to help performers develop the strength, stamina and confidence they need on stage. With over a decade of experience in theatre, fitness, and education, she equips students and educators with practical tools that create lasting results.



FITNESS EXPERTISE

B.S. Exercise Science
Minor in Dance
NASM Certified
Personal Trainer
10+ years coaching



PERFORMING BACKGROUND

University level Dance &
Vocal Training.
Choreographer &
Performer. Movement &
Performance Coach



SCHOOL AND CONFERENCE EXPERIENCE

TX + GA Thespians
Guest Artist, TxETA
Presenter, Approved
Vendor in Multiple ISDs



WHAT DIRECTORS ARE SAYING

“Students walked away with an extra strut in their step because Emily helped them reach the next level they've been working toward.”

- Chad Moore
Killeen ISD

“Emily can decode movement in accessible ways that levels with her audience in a way that most choreographers can't.”

- Sam Dunway
Killeen ISD

“There's never a time when the students aren't actively engaged. It's wonderful to observe and the students respond.”

- Andy Reynolds
Waxahachie ISD



WHY DIRECTORS BRING ME IN

Most Workshops teach material
Theatre Fitness develops the performer

- ✓ Conditioning for performers
- ✓ Movement confidence
- ✓ Choreography retention
- ✓ Performance endurance
- ✓ Ensemble accountability
- ✓ Skills that last beyond a single production

TRUSTED BY SCHOOLS ACROSS TEXAS



📍 proudly serving schools, districts, and theatre programs throughout Texas and beyond- on campus and online.



LET'S WORK TOGETHER!

Bring fresh energy, expert training, and lasting impact to your program.

Can't wait to partner with you!



CONTACT EMILY

📞 719-649-5922
✉ emily@inmotion-studios.com
🌐 www.inmotion-studios.com

GET STARTED

Scan to request more information or book a workshop



FOR ADMINISTRATORS



Instructional Alignment

inMOTION Studios provides standards-aligned theatre workshops and professional development that support instruction already happening in the classroom. Sessions focus on skill development, application, and performance-based outcomes.



Objective-Driven

Workshops are structured, objective-driven, and designed to reinforce effective instructional practices within fine arts programs.



Designed for Approval & Funding Conversations

This packet is intended to be shared with administrators to demonstrate instructional value, alignment with district expectations, and responsible use of instructional time.

What Administrators See

- ✓ Clear instructional objectives tied to performance outcomes
- ✓ Direct instruction followed by guided student practice
- ✓ Active monitoring, coaching, and feedback during rehearsal
- ✓ Student-centered, ensemble-based learning
- ✓ Observable growth in focus, stamina, and performance quality

Share with your Administrator

This packet is intended to support campus approval and funding conversations.

Vendor Information

- Approved vendor across multiple Texas ISDs in DFW metro area
- Experienced working within campus schedules and district guidelines
- Workshops delivered on campus

Instructional support that strengthens theatre programs through structured, performance-based learning.

 **719-649-5922**

BUILD STRONGER

Performers



Scan to
**DOWNLOAD THE
DIRECTOR'S PACKET**



WHAT YOU CAN EXPECT

results speak for themselves.

- ✓ **Faster** choreography retention
- ✓ Performers who **don't gas out**
- ✓ More **productive** rehearsals
- ✓ **Better singing** while moving
- ✓ Performer **accountability**
- ✓ More **polished** productions

READY TO BRING THEATRE FITNESS

to your program?

📞 719-649-5922

✉ emily@inmotion-studios.com

🌐 www.inmotion-studios.com

TRAINING THE NEXT GENERATION
ON STAGE. IN LIFE.