

St. Francis Episcopal Church

now offering

Adult (18+) Stretch Class

Mondays 10-11am Parish/fellowship hall or via zoom
begins July 1, 2024

2903 Cabezon Blvd. SE
Rio Rancho, New Mexico 87124

\$10 per class

Taught by J. Davis Hobdy

Adult Stretch incorporates basic mental and physical conditioning exercises utilizing the strengths of Kniassef, Pilates, and Yoga while developing upper body and core strength.

Wear comfortable clothes for light movement and stretching. All genders welcome.



J. Davis Hobdy (Wijgamadze)

was a Young Arts Scholar in Jazz Dance and graduated from Booker T. Washington High School for the Performing and Visual Arts (BTWHSPVA) in Dallas, Texas. He furthered his dance training at the University of North Carolina School of the Arts and the Pennsylvania School of Ballet. Hobdy has performed with Ballet Dallas, Dancers Unlimited Repertory Company, Dance Detroit, Texas National Dance Theatre, Kesheth Dancers, and in several industrial shows and videos. Currently Hobdy is adjunct faculty for the Language and Letters Department at Northern New Mexico College in Espanola. Davis has performed with Ballet Dallas, Dancers Unlimited Repertory Company, Dance Detroit, Texas National Dance Theatre, Kesheth Dancers, and in several industrial shows and videos. Hobdy has appeared internationally with *PIECES* and *Davis Hobdy Dance* in Amsterdam, Athens, Kyiv, Paris, Piraeus, Prague, The Republic of San Marino, and regionally in the Baltimore and Washington, DC area and throughout the south.

His teaching credits include Booker T. Washington High School for the Performing and Visual Arts, Dallas Theater Center, the Baylor-Tom Landry Fitness Center, and choreographic residencies at The Hockaday School. He served as ballet and jazz faculty at the National High School Dance Festival (NHSDF) in 2012 and 2014. He has been a guest instructor, lecturer, and performer for Capitol College, Coppin State University, and Grayson College. Hobdy lectured and taught at the World Congresses on Dance Research in Argos, Greece, the Republic of San Marino, Athens, Greece, and in Hallandale Beach/Miami, Florida. Mr. Hobdy served on the Board of Directors and Advisory Board for the Dallas Dance Council and on the Board of Directors for the Maryland Council for Dance. Hobdy holds an MA in English from Southern New Hampshire University, an MA in Dance Technique Pedagogy from Middlesex University (London, UK), and a BA in Performing Arts from St. Mary's College of California. Hobdy is a member of the CID-UNESCO, National Dance Education Organization, Maryland Dance Education Association, Modern Language Association, and National Indian Education Association. He has taught ballet for Dance Theatre Southwest since November 2022. He currently serves on the vestry for St. Francis Episcopal Church.