

INTRODUCING ONCE UPON A ONE MORE TIME

HIGH SCHOOL VERSION



SHOW FIT PROGRAM

Did you know that to prepare for playing Elphaba Idina Menzel used to run on a treadmill while belting out 'Defying Gravity'.

There is NO DENYING that 'OUAOMT' is going to be a strenuous production and that we all need to be SHOW-FIT to ensure that we can **act, sing, and DANCE** our hearts out!

Throughout our rehearsal period we will be teaming up with the sports department to offer the cast chances to focus on their fitness and health in the lead up to this EPIC production.

SPIN class - with a Musical Theatre playlist!

November 20th Thursday – lead girls

November 27th Thursday – lead boys (+male Prince's Posse)

February 5th 2026 - ensemble & female Prince's Posse

Each session will also include a gym tour/information session on how equipment and different movements sequences can support theatre fitness.

