

# What is your Dance/Fitness Style?

An hour of intense dancing on average you can burn 200 – 400 calories

## **BALLET**

It improves posture, flexibility, relieves stress and gain lean muscle. It builds strength, poise and balance through a series of simple moves.

## **BELLYDANCE**

Bellydance will help you to develop discipline, dedication, strength, flexibility and balance.

You will begin to develop good memory from exercising your mind with the different bellydance moves and combinations that you will begin to memorize, which will as a result keep your mind active, and help in preventing memory loss.

You will learn the health benefits of using bellydance as an alternative exercise.

You will have fun toning your body, while increasing your self confidence.

## **BELLYFUNK™**

BellyFunk™ is a high energy dance class and cardio workout for women and men. It incorporates Hip Hop and Bellydance, it helps improve your core muscle strength, coordination, confidence.

The class structure starts with a warm up to increase your heart rate and prepare your muscles and joints for exercise. Then we will teach a routine which is usually combined with working on skills that improve your memory and confidence; as well as class interaction.

## **BHANGRA BOLLYWOOD**

This jam-packed session is perfect anyone looking to burn calories, get fit and sweat! Each week you target a different muscle group with your own fitness goal in mind and work away at a beautiful new YOU!

## **HIP HOP**

This is a good choice for optimum weight loss. It's a fast paced workout that emphasizes the lower body.

## **JAZZ**

A total body workout, it works multiple muscle groups. This is a perfect choice for new dancers.

## **SALSA**

This provides an excellent cardio workout. Salsa strengthens your abs, arms, buttocks, calves and thighs.

## **TAP**

This increases the speed of physical movement. This is the most aerobic form of dance. Tap dance focuses on lower-body conditioning along with engaging the mind.

## **ZUMBA**

Burn at a rate as high as 1000 calories per hour

Lose a dress or pant size

Target your lower body, abs, core and upper body