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| DAnce Fitness* No dancing experience is required! Ages 18 +
* Dance Fitness will improve your cardiovascular health, increase metabolism, endurance and strength while burning calories.
* Dance Fitness combines warmup stretching, simple to complex dance sequencing, and a cool down period for a full body workout that will:
* Increase muscular strength, endurance and motor fitness
* Increase aerobic fitness
* Build better coordination, agility, and flexibility
* Improve balance and spatial awareness
* Improve heart health
* Reduce stress and increase energy
* Burn calories that can lead to weight loss
* Dance fitness is a fun, high-energy class that will make you sweat!
* Comfortable tennis shoes or Jazz Shoes recommended.
* Dress comfortably for the class, loose clothing is permitted.
* Bring plenty of water and a sweat towel!
 | Come sweat out your stress with Dance Fitness!$40 Month ────2019-2020 SeasonDrop-ins are welcome to join the class when not at capacity ────Tickled Pink Dance Studio1355 Moccasin Bend Rd.Gatesville, Texas 76528(830)279-9851[www.tickledpinkdancestudio.com](http://www.tickledpinkdancestudio.com)Check the website for any updates on attendance and class schedules throughout the year |