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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 Season Drop-ins are welcome to join the class when not at capacity────Tickled Pink Dance Studio 1355 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 |