

♥ Pilates ♥ Keep-fit ♥ Dance-fit ♥

Fit for life - your life

What is Dance-fit?

Dance-fit is an easy to follow dance style exercise class which consists of an aerobic section dance moves followed by muscles toning and strengthening exercises, stretching and joint mobility moves.

Main Principles of Dance-fit

Dance Aerobic Section – consists of any easy to follow dance exercise routine put to music which can improve your cardiovascular system (heart & lungs) and co-ordination. Plus it burns fat too!

Muscular Strength - exercises designed to tone and strengthen your muscles without bulking them – plus toned muscles will burn fat when at rest!

Muscle Flexibility – stretching exercises designed to improve your general flexibility. Muscles can shorten during exercise, from poor posture or an injury and stretching aims to lengthen the muscles.

Joint Mobility – exercises aimed to improve mobility of your joints which can become stiff from lack of use or from an injury. Coupled with stretching joint mobility can be improved.

What if I'm not very co-ordinated

The dance steps are easy to follow and will be broken down into easy to learn segments. So, don't worry you don't have to be a dancer to join the class!

What if I'm unfit

The class is aimed at all levels of fitness, age and open to both men and women. All elements of the class can be worked at your own pace and you will soon start to notice improvements in your fitness levels; be it from being less puffed out or feeling more toned or more flexible. Please advise us of any conditions you may have so that we can accommodate them if necessary.

What to wear

Loose comfortable clothing, bring a warm top to put on for the stretch and relax section at the end of the class. The class is performed in suitable supportive training shoes (not bare feet or sandals). A small hand towel is useful for some of the exercises.

What to bring

Mats and resistance bands are provided but if you prefer you are welcome to bring your own mat. Small bottle of water and a hand towel.