Dance Fitness Series

Level: Various (see individual session overviews below)
Number of Sessions: Four
Session Duration: 30 mins
Series Duration: 2 hours
Type: Dance Fitness
Trainer: Natalie Garry
Equipment: Wearing trainers recommended

Dance Fitness Series Overview (Level: Various, see individual session overviews below)

A fun uplifting and energising low impact dance cardio programme including a mindful calming standing stretch. Find your feel good as you strengthen and stretch your whole body, burn calories, and improve your balance, strength, flexibility, and co-ordination. Join us as we get our groove on to **California Dreaming, Can't Stop The feeling,** and **You Can't Stop The Beat**. Plus… an exclusive musical arrangement of Mystery of Love, written and performed by talented Composer and danceSing Music Leader, Karen MacIver.

Always work at a level that is appropriate to your body, repeat to master the steps but most importantly have fun and enjoy the journey!

Session 1 - Learn The Basics (Level: recommended Suitable For All)

Introductory session teaching you the basic moves for our dance routines whilst working your heart and lungs and improving your strength, balance, and flexibility.

Session 2 - Build On Success (Level: recommended Suitable For All)

Building on your successful start bring all the dance steps together at a manageable pace. You will feel the results whilst working your heart and lungs, building strength, balance, and flexibility.

Session 3a - Step Up Intensity (Level: recommended Beginner/Intermediate)

Stepping up intensity and bringing it all together as you execute all the steps with flair, artistry, and confidence.

Session 3b - Step Up Intensity (Level: recommended Intermediate/Advanced)

Building upon Session 3, a faster paced workout with quicker footwork for those who feel more confident to take on the extra challenge. Repeat to increase your stamina as you execute the steps with ease and precision.