

# DANCE *generation*



## DANCE FITNESS CLASSES

**If you want to have fun whilst getting fit – then DANCE FITNESS is for you!**

Inspired by Zumba Fitness which literally took the fitness world by storm a few years ago – Dance Fitness is truly for anyone who can stand up and dance. And ‘dance’ is a very liberal term. EVERYONE can dance! You don’t need any experience or special skills – just a willingness to move your body and have fun. In fact, Dance Fitness & Zumba are such fun to do – it really does not feel like exercise at all – and that’s the secret of why it is so popular.

**DANCE GENERATION** classes are suitable for all ages, sizes and levels of fitness - just come along and move to the music. I encourage you to work at your own pace – but the more effort you put in the more you will get out of it - but it’s not a race. No one gets fit and slim overnight, or even in three weeks! It takes time and effort. One of the best things about dancing is that you can work up gradually. Any movement is better than none! Just keep moving. DANCE FITNESS is a fun and easy way to tone up, get fitter and have fun – all at the same time. Let out your inner Dance Goddess!

### CLASS STRUCTURE

All classes are an hour in duration and we begin with a ten minute dynamic WARM UP designed to get your blood pumping and your muscles warm. We use a mix of music in our classes covering lots of different rhythms, so the classes are NEVER boring! We play lots of Latin and other world music such as Merengue, Cumbia, Salsa, Cha Cha, Banghra, Reggaeton. Bollywood and Quebradita plus there’s always some current Pop, Old Skool and even some 70’s Disco! Around 50-60% of the music we play is Latin based, with the rest being other fun music.

### THE BENEFITS OF ‘INTERVAL TRAINING’

Dance Fitness uses a cardio fitness style called Interval Training – which is where the heart rate is gradually increased and then allowed to slow down and then increase again. This happens continuously throughout the class. This

method of fast & slow has been proven to be really effective at burning calories and improving your cardio-vascular fitness. It differs from aerobics which is where the heart rate is kept at a certain level for the duration of the workout. At the beginning of a fitness journey, Interval Training is also easier to cope with, as you feel like you are getting a 'breather' every now and again! Each track of music will vary the rate at which you 'work-out'. We also use a lot of toning movements within the routines, so as well as improving your overall fitness, we are also targeting certain areas of the body like arms, stomach, bottom and shoulder muscles.

### **ROUTINES & CHOREOGRAPHY**

Unlike traditional aerobics classes, where you learn a move and then add on more moves to create a routine, we use different parts of the song, such as the chorus or a particular phrase or sound in the song, as the basis of our choreography. This means that the routines are much easier to pick up as every time the chorus comes up, you know what's coming!

Dance Generation Dance Fitness is also unique as we don't use mics or try and shout over the music at you. We want you to enjoy the music, so instead of shouting, we cue you on what to do next with directional hand signals, or a loud clap that signifies it's time to move onto a new move. We also face you – so we can see how you are getting on and your smiling faces! Overall, participants learn as they go through repetition and by example, so you will get the hang of it pretty quickly. Generally, most movements are repeated more than once and on both sides of the body. For example, if you do eight toe touches with the right foot, you'll be doing the same with the left! The main thing is to keep moving.

### **COOLDOWN & STRETCH**

The last 10 minutes of the class is the 'cool-down' where slower music is introduced along with more flowing type movements where we gradually bring your heart rate down. The final part of the class is a static stretching routine which helps alleviate muscle soreness the following day.

Dance Fitness & Zumba is such fun that it really doesn't feel like you're working out at all—you just get caught up in the fun of the music and the moves and before you know it a whole hour has gone by, you've worked up a sweat and you feel FANTASTIC!

If you have any questions, come & talk to me. I hope you enjoy my classes!

**HAPPY DANCING!**



## **FREQUENTLY ASKED QUESTIONS**

### ***I'VE NEVER DONE DANCE FITNESS or ZUMBA BEFORE....IS IT EASY TO DO?***

Yes! In a word! The beauty of dancing is that it is so easy to pick up. Even by the end of your first class you will find that you're beginning to recognise the different rhythms and the steps and movements. I work hard to make sure that my classes are both easy & fun and each routine utilises a repeatable number of steps & movements, so that every time the chorus comes up - you know what's coming! But don't worry if you do a 'wrong' step -there's no such thing in my classes - I call them 'Variations'...

### ***WHAT SHOULD I WEAR?***

Wear loose, comfortable 'work-out' style clothing that you can move freely in. Layers work well as you will hopefully get hot & sweaty! Trainers without a 'grippy' sole or Jazz dance trainers are the best for your feet, as you need to be able to twist your feet without putting too much pressure on the knees. Bring plenty of water to drink too! (especially in hot weather) And your smile!

### ***DOES IT REALLY WORK?***

As a fitness programme? Oh, yes! As an easy, fun way to drop pounds and tone your body? On, yes! You get fitter, tone up, burn away calories and feel good - just by dancing...how cool is that? If you don't believe me - come on down to a class and give it a go. Getting fitter has never been this easy or as much fun - ever! But remember - it only works if you DO IT! You won't get fit, toned and slim sitting on the sofa watching TV :)

### ***I CAN'T DANCE... I'VE GOT TWO LEFT FEET...***

Two left feet is all you need...anymore feet than that, and you'd be in trouble! ...Seriously? Don't worry about not being able to dance...this is not about getting a bunch of steps right – it's about having fun, getting fitter and just moving to music that inspires you. Just come on down and move your body!

### ***HOW LONG WILL IT TAKE BEFORE I CAN FEEL/SEE A DIFFERENCE IN MY FITNESS & WEIGHT?***

Well, this depends on a number of factors. Getting fit takes time... no one gets unfit and out of shape overnight, so unless you've a magic wand - you won't get fit and be showing off your bikini body in a couple of weeks. It will also depend on how many classes you do a week (the recommended minimum is two), how much effort you put in to your classes and your food intake/diet - you can't out exercise a bad diet - and also your starting point. Eat well, get a good night's sleep and start coming along to classes regularly - and you WILL start seeing an improvement in your fitness, strength and general wellbeing after about 4-6

weeks. Keep at it and before long you'll look better, feel better and friends will start asking you where you get your smile and energy from.

## **HELP! WHY AM I NOT LOSING WEIGHT?**

Most people who decide to start getting fitter also diet at the same time. If you are exercising more – you might find that you do not lose as much weight as you were hoping. Don't panic! Remember –all weight loss is NOT equal... you maybe looking slimmer and feeling fitter but not weighing any less - here's why. A pound of muscle takes up MUCH less room than the same pound of fat... Exercising builds muscle...healthy eating will sort out the fat... Look at it this way - you can be 10 stone of healthy muscles & glowing skin or 10 stone of fat, dimpled, wobbly flesh...**10 stone is still 10 stone.....** which one will you choose?

## **YOUR JOURNEY TO FITNESS**

Often, starting a journey to fitness is the hardest part, especially when where you want to be seems a long way from where you are. But if you find an exercise that you enjoy and that works for you, you're more likely to keep at it. Getting fit and slim is not like losing your virginity - it doesn't happen just once! It's a lifestyle choice. Often, when you least feel like exercise – that's the best time to get out and do some. Our bodies are not designed to sit around all day and not move.

Thinking about coming to class burns between zero and zero calories – and that glass of wine and the TV are NOT going to help you get fitter! You won't get the bottom you want by sitting on it. Get down to class and express yourself!

Any movement is better than none! 😊

More information on Dance Fitness as well as our other dance classes – we also do Children's classes \* Modern Line \* Latin & Ballroom) can be found on:

[www.dancegeneration.co.uk](http://www.dancegeneration.co.uk)

We have a FACEBOOK PAGE – DANCE FITNESS & ZUMBA WITH MARIA. If you click the 'LIKE' button - any news/posts etc will appear in your News Feed.

## **ABOUT ME**

I am a fully qualified dance teacher with the IDTA and I have been running my own dance school for over 20 years. I had my first dance lesson at the age of 32 and gave up a career in publishing to train as a dance teacher. I am passionate about dance as a life skill and place as much emphasis on the social & leisure opportunities that dancing can give you, as well as the health and fitness benefits. Dancing is so much more than just moving your body to music. Everyone should be dancing!

**Life's A DANCE.....let us show you some steps!**