



BDCS
DANCE FIT

DANCEFIT INFO PACK

Everything you need to know about
Bowman Dance Company & School's
exciting new fitness program designed for
adults on the go.



*Tired of the same
gym routine?*
**Change it up &
do something
different.**

DanceFit merges dance and fitness into a calorie burning workout. Building strength, flexibility and overall wellbeing shouldn't feel like a chore. With the help of DanceFit, you can totally transform the way your body moves and feels.

It is a proven fact that group classes have a higher success rate to reach health and wellness goals than working out alone! Dance fitness classes are fun, build strength, endurance, balance and flexibility while embracing a strong community and support system to help you succeed. DanceFit merges dance and fitness creating a calorie burning workout you will enjoy!.



JAZZ



The beginner/intermediate level Jazz dance class is designed to showcase individual style and originality! Every jazz dancer interprets and executes moves and steps in their own way. This type of dancing is energetic and fun, consisting of unique moves, fancy footwork, big leaps and quick turns. Jazz classes are a great way to get a cardio workout in while dancing!

PIYO



PiYo is a total-body fitness system designed to whip you into shape from head to toe. It combines the practices of Pilates and yoga to help you build strength, lose weight, increase flexibility and have a great time doing it. PiYo was created by Chalene Johnson, the founder of the Turbo Kick system. It was designed for people who want the mind-body benefits of a yoga or Pilates workout, but with a higher-energy, higher-sweat class.

Stretch & Conditioning



Our Stretch and Conditioning class program developed for individuals to understand the depth of training muscle memory, and lengthening/strengthening muscles. Each exercise has been developed with care and guidance with a team of physiotherapists, and has progressions that are age and strength appropriate. Dancers will learn about their muscle anatomy and how it pertains to ballet, while learning to engage the proper muscles for specific ballet technique skills.

BALLET



Ballet is generally accepted all over the world as one of the most artistic forms of dance entertainment cherished by people of all ages. The Beginner/Intermediate DanceFit Ballet Class is comprised of both classical and contemporary ballet styles. Ballet involves graceful movements and intricate placement of the hands, feet and body. Ballet is believed to be the foundation of all dance forms and all students young and old are encouraged to learn ballet technique. It demands grace, precision and formalized steps to create expressive movement.

CHOREOGRAPHY



Choreography classes are for those DanceFit program members that would like to perform in our two annual concerts during the year. The winter concert in December and end of year production in June. In this class you will learn dance routines and performance skills. There is a required purchase of a costume to participate in the end of year production in June.

TAP



The Beginner/Intermediate DanceFit Tap Class is great for further developing musicality, rhythm, and balance. Get on your feet and make some noise!

HIP HOP



Hip Hop is a very energetic form of dancing, and another great cardio class. It is unique in that it allows its dancers to perform with freedom of movement, adding in their own personalities. Hip hop dancing is an ideal way to express one's creativeness. Dancers will practice various techniques, steps and moves focusing on rhythm, clear and elaborate execution and musical interpretation. They will learn many fun sequences and combinations.

POWER BARRE



Power Barre is a blend of ballet principles and athletic movement. The class focuses on muscle endurance, total-body toning, sculpting, mobility and joint flexibility.



Full-Body Workouts

True strength is about balance. We'll keep things well-rounded with cardio, strength building, and core moves as well.



Multiple Class Times

You're not locked into the same class style and time every week. Mixing it up keeps your muscles and body on edge and provides faster results.



Fun Community!

Reaching your wellness goals can be tough, and it's great to have a solid support system to work with you every step of the way.

HOW TO JOIN



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We would love to help you meet and exceed your fitness goals this year! With our many DanceFit class offerings and professional instructors, we're confident that we can help you succeed.

As a gift from us, [click here](#) to view our most current schedule and book your first dance or fitness class on us!

Alternatively please feel free to call us at (610) 272-4850 to ask us any questions. I look forward to seeing you at the studio soon!

In Health and Wellness,
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