Dance Your Way to Better Health!

There are a million ways to exercise, but one of the most fun is by dancing, because you don’t know your actually working out! So You Think You Can’t Dance? Not true! The trick is thinking positive. And if you don’t see dance as a form of exercise, think again friends! Dance fitness is not only beneficial; it is a stress free activity that can ultimately encourage you to explore other types of exercise later on. While you can always just dance to the beat of your own drum, here are a few types of classes to try:

**Latin Dance - Zumba**

We’ve all seen the before and after results of the contestants on Dancing With the Stars. Whether they go home early or win the trophy, there are vast improvements in their physiques. Zumba is just as beneficial but without the competitive atmosphere. What is so crazy about Zumba is that it was created by accident by Alberto Perez in the 90’s in Columbia. One day he forgot his traditional aerobic music for a dance class he was teaching and used a Latin mix he had in his car. The class went wild and Zumba was born!

Zumba fuses dance aerobics with Latin rhythms, as well as hip hop. Participants can expect to dance to salsa, cumbia, reggeaton, calypso, merengue, chachacha, soca, samba, mambo, tango and flamenco rhythms. Like Jazzercise, Zumba is offered at gyms and recreation centers. All in all, Latin dance is a mecca for cardiorespiratory training!

**Indian Dance - Doonya and Bollywood Groove**

Bollywood dance fuses an aerobic workout with artistic dance. Both Doonya and Bollywood Groove are fusions of both traditional dance and Indian dance, and incorporate cardio, strength and flexibility. Participants use their own resistance and muscle control which leads to a stronger core.

**Ballet**

Ballet is not just for classical dancers! Studies show that it is a great cardio, strength and flexibility workout. Ballet workouts tend to be very low impact, which makes it a great alternative to high impact activity and exercises. Most barre classes focus on four “problem” areas, abdominals, gluteal muscles, thighs, and arms.