

Dance

It is important to be active these days but many people find exercising dull and boring. However nowadays you will find Dance classes on many Health Club's Class Timetables. Not only are Dance classes an excellent way of keeping fit and healthy they are extremely enjoyable and great fun too.

Not all of us were destined to be professional dancers but we can all relate to dancing around in our room pretending to be Britney Spears or a member of The Pussy Cat Dolls – Don't deny it!!!



There are so many Dance styles on offer and there really is something for everyone;

Jazz	Hip Hop	Flamenco	Samba Reggae	Tap	Ballet
Highland	Cheerleading	Lindy Hop	Break dancing	Street	Belly Dancing
Irish	Line Dancing	Rock 'n' Roll	Body popping	Bollywood	Street Jazz
Ballroom	Pole Fit	Burlesque	Salsa	Tango	Streetjam

Dancing offers so many benefits physically and mentally. It is a great way to stay in shape and allows you to put your own personality into the moves, making dance classes slightly different to the mainstream fitness classes.

Physical Benefits

Improve cardiovascular fitness
Tone all Muscles
Reduces body fat
Improves Flexibility
Strengthens the Core
Improves balance
Increase bone density

Mental Benefits

reduces stress and tension
builds self esteem
Improves confidence
improves concentration
Improves memory

The benefits of dancing are endless. There is a style out there for everyone so the best thing to do is try out as many styles as you can until you find one, two, three or more that you really enjoy. Finally another benefit of dance classes is that you can practice at home!!

So check out your local gym or dance studio for opportunities...