

Dance Etc.'s "Fit, Fun, and Fabulous" Adult Wellness Series focuses on providing a variety of classes that aim to improve your strength, stamina, and energy levels while increasing your lean body mass through a fun and supportive environment. Your commitment, dedication, and consistency to your weekly class will not only help you feel "Fit and Fabulous", but build strength, confidence, and community with others serious about their wellness.

The series provides a different fitness class each week of the month:

WEEK 1: YOGA **

WEEK 2: HOUSE PARTY FITNESS

WEEK 3: PBT **

WEEK 4: STRENGTH AND CONDITIONING

****Equipment needs to be brought for this week**

DESCRIPTION:

Yoga- Bring mind/body awareness and alignment while improving total-body flexibility and posture, while decreasing joint pain & stiffness. Bring a yoga mat (yoga block and blanket is optional)

House Party Fitness- A dance fitness/cardio hip-hop program that uses the hottest urban music (Hip-Hop (old and new school), Reggae, House, Electronic, and Reggaeton) and combines a high-intensity work out through choreographed movements and resistance training to shape and strengthen core muscle areas. (Resistance bands or ankle/wrist weights are optional)

PBT (Progressing Ballet Technique)- is an innovative program designed to train your muscle memory to improve flexibility, joint mobility, and strength while gaining a greater awareness of your muscles and how to use them properly to achieve your goal of long, lean muscle mass. **Bring Exercise Ball and yoga mat. Details below.

Strengthening and Conditioning-

This class focuses flexibility, endurance, and total body strength through warm-ups, joint mobility, flexibility, coordination, balance, and core exercises.

Equipment for pbt :



Exercise Ball

Using your height to size up your ball

When you stand next to an exercise ball, it should be even or slightly above your knee level.

When you sit on the ball, knees should be bent at a 90-degree angle and your thighs should be parallel or even with the floor. Find your height and see which ball size you should try first.

Height

Recommended ball size

Under 4'8"/142cm	45 cm ball
4'8" to 5'3"/142-160cm	55 cm ball
5'4" to 5'10"/160-178cm	65 cm ball
5'10" to 6'4"/178-193cm	75 cm ball