

Ballroom Workout

If you want to shape up while having a lot of fun, the Ballroom Workout is for you!

What is the Ballroom Workout?

The Ballroom Workout is a full body workout using Ballroom Dances, Technique and Music to get into shape! No matter, if you are dancing the Cha-Cha or the Mambo, this workout targets your whole body! You will also learn some great dance steps on the way! **No partner needed!!!**

What are the benefits of Ballroom Workout?

Dancing is the workout equivalent of hiding your kid's medicine in their applesauce. You get so involved, have so much fun, and continuously progress with every passing practice session that you hardly realize you're working out at all. Even when you're learning and the pace is slower, you're moving the whole time. This constant movement helps to regulate your metabolism and allows you to be burning calories long after you've hung up your dancing shoes for the day. These types of dances are also great exercises for toning up your body, especially the waste and hips as the Workout focuses predominantly on the body core. You will also improve your general coordination through learning different dance moves.

What dances are involved?

Cha-Cha

The character is fun, flirty, playful cheeky and lively!! These fun and syncopated steps will have you begging for more! In our Ballroom Workout the Cha-Cha focuses on legs and coordination because of its fast steps.

Merengue

Is alight and frothy dance with originated in the Dominican Republic. This fast and fun dance makes you move, move, move. In the Ballroom workout the Merengue focuses on Cardio as it keeps you in a constant motion. There is also a great impact on your hips and abs as we will be moving our hips constantly!

Swing

The character is fast, fun, playful. In the Ballroom Workout this dance has a huge focus on cardio and a great toning of your legs through its fast kicks and bounce.

Mambo

The character of Mambo is a party! Have fun and show it when you are dancing this dance. An extensive Cuban motion and its wick pace will target your hips and

Rumba

The character is romantic and sexy. In the Ballroom Workout this dance will work on control and toning of your center through its slow hips motions.

Samba

Samba is the national dance of Brazil. Many versions of this dance, from Baion to Marcha, are danced at the carnival in Rio. To achieve the true character of the Samba, a dancer must give it a flirtatious and exuberant interpretation. In the Ballroom Workout Samba will work on leg muscles through its constant “bouncing” action.