

FitSteps® Dance for Baby Boomers & Beyond
Sunday 8:00am – 10:00am
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<http://fitstepsdance.com>

Meet FitSteps

FitSteps® is an energetic, upbeat dance class designed to achieve real measurable fitness results. The dance workout mixes the graceful steps of Ballroom and the up-tempo steps of Latin dances to create fun-filled classes where you don't even realise you're getting fit. Transform your body and have fun dancing to music that will get your heart pumping! Find out more at <http://fitstepsdance.com>

Benefits of Dance Fitness

- Improves energy & mood
- Decreases stress & anxiety
- Creates a sense of connection with other participants
- Improves heart health by lowering your risk of coronary heart disease
- Aids in weight management efforts
- Helps decrease blood pressure

Benefits of Dance Fitness for the Active Aging

- Improves “white matter” integrity in the brain
- Strengthens the synapses related to memory
- Reduces the risk for dementia
- Improves bone density
- Nostalgic

Popularity of Ballroom Dancing

- Popular 1930-1960s Dance Steps
 - Rumba
 - Samba
 - Salsa
 - Jive
 - Jitterbug
 - Charleston
 - The Bop
 - East Coast Swing
 - The Cha Cha
- Previous TV Shows:
 - American Bandstand
 - The Arthur Murray Party
 - Soul Train

- TV Shows of the 2000s:
 - Dancing with the Stars
 - So You Think You Can Dance
 - America's Got Talent
 - Strictly Come Dancing
 - World of Dance

Introducing Ballroom Dances

- **American Smooth**
 - Combines movements from the Waltz, Venetian Waltz, and the Foxtrot
- **Waltz**
 - Performed in 3/4 time
- **Charleston**
 - A style of swing dance, made popular in the 1920s
- **Jive**
 - A very fast version of swing dance, made popular in the 1930s
- **Bossa Nova**
 - A 1960s style Brazilian dance
- **Cha Cha**
 - A Cuban dance popularized in the 1950s with the “cha-cha-cha” dance move
- **Flamenco**
 - A Spanish folk dance dating back to the 1770s
- **Rumba**
 - A slower Cuban inspired dance
- **Samba**
 - The Afro-Brazilian dance performed in 2/4 time
- **Tango**
 - A partner dance created in Argentina in the 1880s

Methods of Incorporating FitSteps

1. Incorporate dances into your established fitness classes by purchasing specific dances a la carte or in bundled packages
2. Teach an entire FitStep class by becoming a FitSteps instructor, unlocking more dance genres than offered a la carte

Today's Playlist

- Warm Up – Pulse Raiser - Mixer
 - Party Rock
- American Smooth 1
 - Ain't That a Kick in the Head
- Charleston
 - You Can't Hurry Love
- Jazz
 - Like A Virgin
- Argentine Tango
 - Knock You Out
- Cha Cha
 - Where Have You Been
- Jive
 - Dance With Me Tonight
- Waltz
 - At This Moment
- Disco
 - Fame
- Salsa
 - Ain't Nobody
- Double Fusion / Charleston / Jazz
 - Ladies Night
- Cool Down
 - You Know How I feel