

A photograph of three people dancing in a studio. In the foreground, a woman with long blonde hair, wearing a teal tank top and black leggings, is captured in a dynamic pose with her hair flying. Behind her, a man in a white t-shirt and dark shorts is also dancing. To the right, another woman with blonde hair, wearing a black tank top and purple shorts, is in a similar dynamic pose. The floor is polished wood, and the background is dark with some studio equipment visible.

"Everybody has rhythm. If you have a heartbeat, you have rhythm."

-Terry McKinnon,
PROjam Instructor

SO YOU THINK YOU CAN'T DANCE?

By Andrea Blair Cirignano, Group Fitness Supervisor

Many people are quick to label themselves and claim, "I'm not a dancer," but don't be so hasty to judge yourself! Take the quiz below to find out which class matches your dance personality.

What type of music do you like?

- A. Hip Hop
- B. Latin or exotic music
- C. Top 40s

What interests you about dancing?

- A. I want to learn moves I can use at a party or club.
- B. I want to have fun and forget that I'm working out.
- C. I want to be graceful, plus improve my balance and strength.

What makes you tap your toes?

- A. Music video dancers
- B. A DJ at a club or party
- C. Watching live performers

If you were judging a dance contest, who would get the highest score?

- A. The most creative dancer
- B. The dancer that looked like they were having the most fun!
- C. The most graceful dancer

What makes you nervous about dance class?

- A. Nothing! Bring it on!
- B. I'm apprehensive that I don't have rhythm or might not know a move.
- C. Everything. I have two left feet!

What do you look for in a workout?

- A. Cardio, strength and core conditioning
- B. All cardio, all the time
- C. Toning, lifting and enhancing posture

Mostly A's: Break Dancer

You already call yourself a dancer and you're always excited to learn new moves. Try our **PROjam**, a NEW FuseFit/Flexible punch card class. The first class is Tuesday, Sept. 2nd.

Mostly B's: Mover and Shaker

You love to dance and enjoy workouts that disguise themselves as a fun party. **ZUMBA® fitness** is right up your alley. Join us for a special Halloween celebration during **FREE Friday Club Night ZUMBA® fitness** on Oct. 24th.

Mostly C's: Ballerina

You admire dancers but don't necessarily consider yourself one. **PRObarre** is perfect for you. There's actually little to no dancing involved in **PRObarre**, but there is a lot of balance work and a focus on lengthening and strengthening the body.

TEST YOUR RESULTS. TRY OUT ALL THREE CLASSES TO FIND YOUR INNER DANCER!