

Dance

ZUMBA:

Zumba, the popular cardio-dance workout, It combines fast and slow rhythms with aerobic interval training all the tune of great music and fun. It features the famous Zumba Fitness music, rhythms, and beats along with Zumba choreography broken into child friendly routines. Giving children an outlet to jump, dance, shake, and swing their hips, it's the perfect recipe for fitness fun. Zumba is helping children to gain coordination, self-confidence, overcome fears, learn about teamwork, and much more

Benefits of Zumba:

Easy-to-follow moves, Improves fitness, Improves coordination, Great family fun, Increases self-confidence, Boosts self-esteem, Elevates mood, Encourages teamwork, Builds leadership skills, Improves memory, Develops creativity and imagination.

AEROBICS:

Aerobics provide an important cardiovascular workout which has multiple health and wellness benefits.

It Strengthens the heart, Reduces the risk of heart disease, Improves lung capacity, Increases bone density, Develops endurance, strength, and flexibility, Reduces stress, Improves sleep, Boosts energy levels, Reduces mood swings, Counters depression, Contributes to a healthier, active lifestyle.

High Impact Aerobics

It includes jumping jacks, jumping rope, running on the spot, and more.

Step Aerobics/Low Impact Aerobics

It includes stepping up and down from a raised platform or the step. It combines aerobic activity with strength training and toning.