

DANCE YOUR PANTS OFF



This is sizzling hot. You get the moves and then get to show off your style and flare. Go free, be creative and let it all hang out. Experience layering choreography, freestyle and improvisation to get your juices flowing!

Class Overview

Warm-up: choose music that allows slow layering of movement. Warm up all the joints and muscles and movements of the spine.

Skeleton Session: we start with a skeleton of movements and then you get to build your own vibe into them

Freestyle: you are on your own and free to bring your own unique groove into the mix. Go crazy!

- Show time
- Travel: run, freeze or hide
- Move to the Beat of Your Drum
- Combo Group Work

Cool-down

The human garden: souls and hearts supporting each other
Slow groove that incorporates stretches with a dance flow

Thanks for Dancing!

For more information on workshops, CEC credits or Can Fit Pro certification courses go to www.tracycipryk.com or e-mail tcipryk@accesswave.ca