

Dancercise

Instructor: Ellen

Dancercise is a combination of exercise and dancing to lose those excess pounds or just for fun. This program emphasizes increased agility and coordination through aerobics dance exercise.

Dancercise has an added advantage over aerobics, because of its fun element; it becomes more popular with children, teenagers and even adults, who find doing plain aerobic moves day after day a little boring. It improves their posture & gait, apart from providing cardiovascular benefits. Since it is a group activity, people get to socialize and exercise together.

