



A New Year, A New You!
By Jacqueline Hill

There are countless benefits to dancing. Not only for children, but adults too! Being involved in an activity that includes friendship, movement, joy and challenge can benefit everyone. It's a New Year and the perfect opportunity to make dance a part of your life. Dance brings happiness, health and self esteem to many. Why not bring it home.

Often we find ourselves looking for a way to stay fit that is motivating. We look for something that brings excitement and challenge at the same time. Dance can do that. At ELITE we offer classes for every skill level in an environment that encourages individuals to excel no matter where they start. If you are looking for something to kick off your New Year with why not try an adult hip hop or tap class? Hip hop tends to be a more free form style of dance and at ELITE we encourage our students to express themselves to the fullest. Of course while the class incorporates certain technical movements it also promotes self expression. A full hour of cardio that ends up being so much more. An hour of sharing movement and expression that ultimately benefits your body, mind and soul. Through movement people become more comfortable with the way they are built, the way they look and the way they feel. In my many years of experience dance removes what inhibits people from being naturally "themselves". This is true for children and adults.

A tap class brings another level of expression to the moment. The ability to create sound while moving is something that not many understand. One of my favorite types of exercise; tap dancing allows the dancer to become part of the band, part of the composition of the music. At ELITE our tap classes are like none other...by including a cardio element our students feel "the burn" and get an incredible workout while creating sound, rhythm, percussion. The adrenaline rush combined with the creation of sound is something that elevates all of our students to a place that is hard to come by.

With 2009 here, and multiple reasons to stay fit, why not make dance part of your life style. Once a week is all it takes. Trust us...you will love the outcome and come back for more! To experience these wonderful moments in time visit ELITE Dance Studios soon. We love sharing this part of life with everyone!