



What is Dance'Combo?

Dance'Combo is a combination of Modern Dance, Latin American, Hip Hop, Street Dance and Modern Dance fused together with Aerobics, Yoga and Callanetics in order to give you a fun but full dance work out. One can say that Dance'Combo takes the work out of exercise! It's fun! Fun! Fun!

Who is it for?

Dance'Combo classes are aimed at those who despise traditional exercise but who love dancing and feel that they need an extramural activity to switch off from their daily routines in a non-competitive but organized environment while getting a wonderful workout. However, anybody who enjoys exercise and who wants to dance in between their other activities are more than welcome to join the fun. Dance'Combo is also ideal for those who enjoyed dance training during their youth but who couldn't continue due to career and home demands.

What if I am not fit and have "two left feet" with no rhythm to speak of?

We welcome all levels of fitness, dance ability and ages in to the Dance'Combo class. As part of your registration you will also receive a "One on One Assessment" with one of our instructors. This assessment is aimed at figuring out where your current level is at the moment, to set goals and to give you some guidance on how to work along with the group in the class in accordance to YOUR abilities. We are strong believers in "pacing" methods and do believe that as we practice daily, so our bodies develop and strengthen. Before we even know it we are well beyond our goals and two left feet have become a "right and a left".

What are the advantages of Dance'Combo and joining class?

- You will make new friends.
- You will have the opportunity to participate in a fun activity that provides your body with flexibility and toning in a friendly non-competitive environment.
- Great cardiovascular exercise.
- Learn choreography.
- Improve your posture.
- Wake up your "happy endorphins" which will help you manage your stress better.
- You will look and feel great.
- Your muscle memory will improve and so will your co-ordination.
- Dance is a great stress reliever and can be very therapeutic.
- This is just a few advantages that you will enjoy from dancing, but most of all: **You will have fun!**

How much does it cost and what classes are available?

Dance'Combo Classes For Ladies:

Once off Trial Class – (<i>Ideal for those who first want to try out a class before committing</i>)	R 50.00
Once off Registration Fee – (<i>This includes a "One on One" assessment to help you with your goal setting</i>)	R 250.00
Monthly Fee – (<i>For two classes per week</i>)	R 290.00

Class Days and Times:

Mondays & Wednesdays – 17:30 – 18:30

Class bookings can be made by contacting Evelyn on 083 294 5616.