



WHAT IS CARDIO DANCE?

‘Cardio dance’ is more-or-less what it sounds like – a form of cardiovascular exercise that is, in some ways, simply a low impact more choreographed and disciplined form of that energetic dancing you might already do to your favorite tunes.

A cardio dance class will help you to get your heart rate up and keep it high, so that you burn fat – and it can be instrumental in improving your coordination and rhythm, too. Cardio dance helps in toning and firming your legs, glutes and obliques as almost any other exercise. It can also genuinely be a lot of fun, taking away the boredom that many people who aren’t ‘fitness fanatics’ associate with traditional working out.

Simply put, dance cardio is utilizing different types of dance to exercise your body. The term “cardio” means working to achieve a target heart rate, increasing metabolic rate, burning calories, and improving stamina. It can be difficult to stick to the same old boring workout routine, so mixing it up with some dancing just makes sense. It’s also a lot of fun and sets a great example for children. There are many types of dance cardio programs to choose from, so you can change your routine as often as you want to. One cardio dance option that is currently extremely popular is Zumba. Zumba uses Latin and hip hop dance influences to create a dance workout that is fun and effective. With cardio dance, the combination of fast and slow dance movements will work your body in an aerobic routine that is nothing but beneficial. Plus, the choreography is easily modifiable. To make the moves less challenging, make them smaller, or intensify a workout by adding steps and exaggerating your movements. Most classes are friendly for all fitness levels, including older adults.

A Typical Class

Classes are usually one-hour in length and you’ll incorporate footwork and body movements from a wide variety of dance genres including hip-hop, Latin, as well as other rhythms, such as Reggaeton, Bollywood, swing, pop, and YES, even country. Typically, you start off with a slower beat as warm-up, and then progress to a faster tempo for a great dance workout, concluding with some cool-down routine(s). All in all, it feels like an in-class party.

Outcomes/Benefits

- Burns calories for a leaner body
- Increases heart and lung capacity
- Strengthens your core
- Improves balance and agility
- Builds confidence and improves wellness
- Upbeat and fun
- Relieves stress
- Great for socializing
- Wards off exercise boredom

Tips + Preparation

- Focus on fun! Don’t worry about perfection – we’ve all been there!
- Lost in a move? Continue dancing until you’re able to re-join the class
- Don’t give up. It usually takes a few classes before you start to feel comfortable and more at ease

GET FIT WITH DANCE!
‘DANCE-N-TIME’