

3 Ways to Dance for Exercise

Barre Classes

- CLASSICAL BALLET TECHNIQUES
- HELPS TONE MUSCLES AND INCREASE BALANCE
- FOUND AT SPECIALTY GYMS AND STUDIOS



ZUMBA

- HIGH ENERGY CLASSES
- FOCUSES ON CARDIO
- DANCES ARE ROOTED IN MANY DIFFERENT STYLES
- FOUND AT MOST GYMS



Jazzercise

- JAZZ TECHNIQUES
- BECAME POPULAR IN THE 70S
- CARDIO AND MUSCLE TONING
- FOUND AT SPECIALTY STUDIOS

