

UNLEASH YOUR INNER DANCER

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OVERVIEW

Often, inhibitions will prevent people from expressing themselves in life freely. Dance is a wonderful art that enables you to find yourself and lose yourself in the moment. This dance class will start by focusing on body parts isolations in order to improve participants' movement. Surprising as it may seem, it will have direct application with the rhythm release technique in the Spinning® program. This session is designed to be accessible to anyone; no need to be an expert dancer. The only must is the desire to have fun and to move with no inhibitions to a worldwide music selection. Get ready to unleash your inner dancer and to enjoy an exhilarating moment!

OBJECTIVES

- Fun and cardio workout
- Accessible to any participant
- Improving the body isolations in order to dance better

SUMMARY

Warm up (5 min)

- Global movements to raise heart rate and to lubricate joints
- Preparing body and soul for a tremendous dance class.

Body Isolations (10 min)

- Shoulders
- Chest
- Hips
- Body rolls

Core of the session (45 min)

- Building up several routines using all the previous tools.
- Various music selection (world music, electro, latin, etc.)
- Rehearsing a special routine for a final show

Cool down and Stretch (10 min)

- Decreasing heart rate with a track
- Body isolations
- Stretching

**Please remember to submit a session evaluation.
Your feedback is important to us! WSSC 2019**