

Dance your way to better health and energy!

By Susan Watson

Want to burn 400 calories in 50 minutes while learning some new skills and enjoying some great camaraderie? Want to walk the equivalent of two miles, take about 3,800 steps in 50 minutes and have a blast doing it? Tap-N-Burn may be just the program for you!

You'll never meet a more enthusiastic dance instructor than Melanie Baker Niblick. She's danced all her life, majored in communications at UT and then moved to Minneapolis for husband Jay's job. Three kids later, Jay's position brought them back to Knoxville and Melanie decided to return to teaching dance. She found it to be a perfect job for a mom. She and Jay have three boys: Zach, a senior at Bearden; Baker, who is 13 and at West Valley; and Joe who's 7 and attends A.L. Lotts.



Back in Knoxville, Melanie began teaching preschool

dance and founded T-A-D-A!, the Tennessee Arts and Dance Alliance. They advocate dance "for the fun of it." After a shoulder injury, she discovered the Tap-N-Burn program which was aimed at developing strength and stamina in adult women. The concept began in 2004, as many exercise programs did, as a video and DVD program. The system worked well for Melanie's own post-injury

strengthening, and she wondered about setting up Tap-N-Burn "live and in person." Energetic as she is, she bought the concept in 2007 and now has two studios in Knoxville and one in Oak Ridge, as well as locations in Tampa, FL; Hollywood, CA; Irvine, CA; and Atlanta. There will soon be locations in Hilton Head, SC, and Lexington, KY. Attention any dancers out there: they're looking for instructors nationwide.

The original Knoxville Tap-N-Burn studio is located on Sherway Road where you'll also find Revolution Dance and Gym Bugs. Melanie's partner there is Julie Barton. There is a new studio now at Broadway and Central, called the Broadway Academy of Performing Arts where Melanie serves on its board of directors. There you'll find Tap-N-Burn as well as belly dancing and hip hop lessons. The Broadway location is particularly designed for downtown workers and residents who can come by right after work. As Melanie has discovered, adults aren't big on commitment, especially in the winter months when,

once home from work, we want to stay put.

Additional T-A-D-A! instructors are Melody Pelfrey (assistant Tap-N-Burn director and instructor in both Knoxville and Oak Ridge),

Courtney Pitner (Broadway instructor) and the instructor of their most recent T-A-D-A! adult program is Greg Carney, a local and re-

gionally renowned Hip-Hop instructor and performer.

For adult commitment-phobes, classes are offered in eight-week sessions and there are no sign-up fees or contracts. If you sign up for a second session, you'll find that the routines and choreography change every eight weeks so you'll never get bored and you'll always be challenged. It's real choreography, but it's taught with a focus on fitness. You don't have to have any dance experience to join. There is no dress code, no costumes required and, until you find it's a program for you, you don't even have to have tap shoes. Melanie says the Tap-N-Burn adult classes are the "most rewarding thing" she's ever done in dance. Come try

a class and see how much fun you can have while getting into shape.

4-Week Mini Holiday Session

Mid-November through mid-December

Just \$40 – call for details!

TAP-N-BURN

■ 776-6744

■ Two locations:
201 Sherway Road &
Broadway at Central

www.tadaknoxville.com