



Tap~N~Burn

Dancing strengthens and tones muscles and provides a healthy workout for the heart, cardiovascular system and lungs. Tap dancing can burn up to 300 calories per hour (and 3,000-4,000 steps per class). Because Tap-N-Burn© is more aerobic and offers continual movement, those numbers increase depending on the intensity of the class.

Because of the shifting of weight, tap improves our balance. As we balance our bodies in numerous positions, we strengthen our stabilizer muscles. After just a few classes, we also notice an increase in flexibility. Tap dancing also offers concentrated exercise and muscle development to the legs.

PLUS tap dancing is so much FUN! It's never too late to start tapping!

NEW CLASSES BEGINNING SOON!

GREENEVILLE

Winter & Co. Dance Studio, 200 Bohannon Avenue

Call For More Information:

865.386.3772 www.tapnburn.com

Classes held in 8-week sessions. Tap shoes are preferred, but not required.

(Please detach and return to instructor)

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To Register:

Which class will you be taking? _____

Name _____

Address _____ City _____ Zip _____

Day/Evening phone _____ Email (please!) _____

(for Tap-N-Burn use only - will not be sold or distributed under any circumstances)

Please indicate tuition payment option you prefer

Session is \$70 _____ Cash _____ Check Check # _____ Total Amount:\$ _____