

Tap~N~Burn

Winter 2010 Session ~ Oak Ridge

8 weeks ~ Mar 8 - May 8
(No class the week of Mar 15)

Dancing strengthens and tones muscles and provides a healthy workout for the heart, cardiovascular system and lungs.

We 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. We have also been known to tap the equivalency of 2 miles in just one class!

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! We are all different ages, shapes and sizes and our classes are conducted in a fun and friendly environment. It's never too late to start tapping!



TNB1: This introductory class is great for those that have never tried tap dancing before OR if you have minimal experience, this class would be a good refresher course. If you have already had a TNB1 class, you can repeat this class because different routines will be taught! We learn basic tap technique, combined with muscle isolations to build strength and stretching to increase flexibility. We implement basic tap technique with exercises that make working out SO MUCH FUN! We start a basic cardio-tap routine in Week 2, built to completion by Week 8. To appeal to the masses, a wide variety of music is used including Disco, Big Band, Pop and Adult Contemporary.

TNB2: If you have already experience a couple of TNB1 classes or have previous experience in tap, this class is for you. Using the same format as TNB1 (building strength and flexibility), we spend more time on tap technique, and develop a more intermediate level cardio-tap routine with faster tempos and more tap steps. Unless you have significant experience, you must take a TNB1 class before enrolling in TNB2. As with TNB1, this class can be repeated several times since the routines will vary.

Tap shoes are preferred, but not required.

All classes are held at The Dance Centre of Oak Ridge, 108 E Division Rd, Oak Ridge

Session is 8 weeks

In order to participate, all registrants must read and complete the registration and liability policy on the reverse side.

865-919-5531

www.tapnburn.com

Session Schedule for Mar 8 - May 8

(no class the week of Mar 15)



Tap-N-Burn 1

Tuesday

11:00-11:45

Melody Pelfrey

Session Length: 8 weeks

Tuition: \$76.00

Please detach and return the following registration form WITH signature and payment to Tap-N-Burn, ATTN: Joelle Smith, 201 Sherway Rd, Knoxville, 37922 or bring to class.

Tap-N-Burn Registration Form - Oak Ridge

03/08/2010 - 05/08/2010

Name: _____ Email (please) _____

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

REGISTRATION IS REQUIRED.

Tuition is \$76 per session.

TNB1 - Tuesdays 11:00-11:45

Which tuition payment option do you prefer?

Discount Code: _____

Check # _____ (payable to **Tap-N-Burn**) Cash

Liability Policy: Tap-N-Burn of Knoxville offers a comprehensive dance and fitness program of activities for its students including various forms of physical fitness, dancing and creative movement. We make every effort to ensure your safety. In the highly unlikely event that I should sustain an injury during the program, I will not hold Tap-N-Burn, Melanie Niblick, Melody Pelfrey, or any division or persons of The Dance Centre of Oak Ridge liable. We reserve the right to change class dates and times as necessary by the program expansion. As with any fitness program, and because of the intensity levels of this form of dance, it is highly recommended that you talk to your doctor before beginning this class.

Signature: _____ Date: _____