



Tap~N~Burn Spring Session

8 weeks ~ April 1 - May 22

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!

April/May Schedule 2008

<u>Tap-N-Burn 1</u>	<u>Time</u>	<u>Instructor</u>	<u>Dates</u>
Tuesday	5:45-6:30 pm	Tara Bolton	April 1-May 20
Thursday	9:30-10:15 am	Tara Bolton	April 3-May 22

865.386.3772 www.tapnburn.com

Held at Trinity Performing Arts Center, 279 West Old Andrew Johnson Highway

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

TNB 1: 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 TNB-1 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.

**Session Length: 8 weeks Special Introductory Session: \$60
You may add another weekly class for an additional \$25**

(Please detach and return to instructor)

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Name _____

Address _____ City _____ Zip _____

Day/Evening phone _____ **Email (please!)** _____

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

Which class(es) will you be taking? _____ Registration required!

Special Introductory Session: \$60 ___ Cash ___ Check Check # _____ Total Amount: \$ _____

(Regular Tuition: \$70)

Liability Policy: Tap-N-Burn of Jefferson City offers a comprehensive 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, Tara Bolton, or any division or persons of Trinity Performing Arts Center 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: _____