



# DANCE FIT

DanceFIT focuses on continual movement throughout the exercise session, where dances are built upon base movements.

- Choreography is layered so students build more complex movements gradually
- Focuses on fun and increasing cardiovascular fitness, strength and flexibility.
- Less 'downtime' learning choreography, meaning more time moving!



*To book, or to find out more about our programs, contact us:*

**MISSFIT**  
MOVEMENT

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[missfitmovement.com](http://missfitmovement.com)

TICK OFF DANCE IN  
YOUR CURRICULUM

SPORTING SCHOOLS  
AFFILIATED

LINKS WITH POSITIVE  
EDUCATION

PROGRAMS ADDRESS  
ACARA OUTCOMES

WE CAN TAKE UPTO 4  
CLASSES AT ONCE

MORE TIME  
MOVING, LESS TIME  
LEARNING

ALL INSTRUCTORS:

- ✓ police checked
- ✓ teachers or pre-service
- ✓ completed child safe environments
- ✓ expertly trained
- ✓ deliver quality programs