



# Dance & Movement for Seniors

Dancing is a great & fun way to exercise for all ages.

**AcademyD** now offers dance & dance based fitness programs specifically designed for seniors!

It's never too late to start feeling & looking better with an easy exercise program that anyone can do.

### **Hiphoporay:**

An energizing, fun program for seniors that includes a variety of low-impact exercises to stimulating music, standing & seated.

### **Jazz Dance, Tap, Freestyle or Ballroom:**

Covering many styles & great music, we offer great workshops that build from week to week.

*No previous dance experience necessary. All 1 hour sessions include a light warm up.*

**Ask us about booking dance or dance fitness classes for your next activity.**

*A travel fee may apply depending on location*

*Two weeks notice required for bookings*

*Classes available in single, 10 week or 36 week workshops*

*Seniors Ball for completion of 10 or 36 week workshops available*

*Available in Auckland & Paeroa areas*



[www.danceacademy.co.nz](http://www.danceacademy.co.nz) | [dance@danceacademy.co.nz](mailto:dance@danceacademy.co.nz)