

A NEW YEAR WITH A HEALTHY NEW HABIT FOR YOU!

By Andrea Bisconti, Fred Astaire Dance Studio

Dance your way into the New Year – and you'll be chacha-ing your way to fitness, fun, stress relief, a new social life and so much more!

FITNESS: Dancing burns calories...lots of them. It's just like any aerobic activity, except it's so much fun you forget you're exercising. You can salsa, swing, samba, tango, hustle, just to name a few. And you can do it to your favorite music.

Most studios offer private lessons, group lessons, and a weekly dance party so you have plenty of opportunities to move.

FUN: Let's face it, dancing is a fun social activity – and it's even more so when you feel confident on the dance floor. How do you get that confidence? With dance lessons. At some studios you don't even need a partner, so don't worry if a significant other isn't interested.

STRESS RELIEF: You CANNOT think of anything else when you're learning to dance. That means 45 minutes where you are focused in the here and now, moving your body and absorbing your mind. I've had students tell me that we're their therapy. The Mayo Clinic even recommends ballroom dancing to take your mind off of your problems. Could you give yourself a better gift than peace of mind? I don't think so.

A NEW SOCIAL LIFE: Dancing opens you up to a whole new world of people. You'll meet fellow dancers during lessons, at the dance parties and as you get more comfortable, you'll find yourself heading out on the town with your new friends. Suddenly, you'll be aware of Salsa Nights at various restaurants, Tango Tuesdays, swing dancing at the Cleveland Museum of Art and much more.

So make a resolution that this year, you're going to treat yourself to a new, healthy lifestyle – and learn a talent you can use for the rest of your life.



Andrea Bisconti

Andrea has owned the Fred Astaire Ballroom Studio of Willoughby for 13 years. She chose ballroom dancing because it challenged both her mind and her body. Most importantly, she's dedicated to changing people's lives through dance.

Through dance I've seen people gain energy, confidence, friends and mobility. Dance changes their entire perception of themselves. ~Andrea

NEW YEAR'S DANCE SPECIAL:

Our Introductory Program includes:

TWO 30-minute private lessons
One 90-minute practice party
\$50 Single or Couple

No partner necessary. New students only.

LaBlast Dance Fitness!

Every Tuesday at 8 p.m.
Every Thursday at 10 a.m.
Every Saturday at 9 a.m.

\$10 drop in or \$80 for a 10-class card

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