

# SATISFY YOUR SOUL WITH BALLROOM DANCING

*Presented by Fred Astaire Dance Studio*

Spring is the perfect time to get on the dance floor and get your body moving! You can break out of your winter blues and renew mind, body and soul. Here are just a few of the benefits of ballroom dancing:

1. **Better Sleep**— Dancing is a form of exercise that gets your blood flowing and burns calories. It also gets you naturally fatigued, sending you to bed early. Scientific studies prove that regular exercise combined with better sleep habits can help for a good night's sleep.
2. **Better Mood**— Even though it's spring, gray days tend to put some people into a depressive funk. Dancing releases endorphins which help get you in a better mood. Dancing is a great alternative to taking antidepressants.
3. **Stay in Shape**— We all know that winter is when we gain a few pounds. No thanks to Thanksgiving feasts, Christmas and Hanukkah meals! Spring back in shape through dance and lose the weight that you know you can healthily achieve.
4. **Healthy Activity**— Since dancing is a form of exercise, it's a great activity for your body. Dance improves cardiovascular health, muscle strength, coordination, posture and flexibility. Dancing also helps people recovering from illnesses, can prevent mental decline and can reduce the risk of stroke and type 2 diabetes.
5. **Musical Therapy**— Many people find that music relaxes them. Dancing to music requires you to shut out the stressors of your life; making you listen and follow the rhythm of the music. When you focus on the choreography of your specific dance style, you feel free and totally immersed in the moment and the dance.

*Convinced yet? Good, because Fred Astaire Dance Studios offer dancing packages for first-time and experienced couples. Call today to schedule your lesson!*



**Kellie Love**

Kellie Love is a professional dancer, choreographer, and owner of Fred Astaire Willoughby. She has won Fred Astaire Ohio Champion titles as a former ballroom competitor. As a dancer her entire life, she is passionate to share her love with others. Her motto is "Anyone can dance. We can show you how."

## SPRING INTRODUCTORY SPECIAL

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

*No partner necessary. New students only.*

## BALLROOM BOOTY!

**Every Tues. at 8 p.m. & Thurs. at 11 a.m.**

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

## FLEXIBILITY!

**Every Monday & Wednesday at 8 p.m.**

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

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FRANCHISED DANCE STUDIOS®