

AFAA FuzeCraze™ Dance Drills & Skills

The AFAA FuzeCraze™ Dance Drills & Skills workout fuses a variety of international dance styles and rhythms. This total body workout is a blend of aerobic training and muscle toning. The workout includes a variety of choreography building methods, cueing techniques and a whole lot of choreography!

AFAA FuzeCraze™ Dance Drills & Skills Workshop Objectives:

1. Apply AFAA's dance-fitness guidelines to ensure a safe and effective workout.
2. Master a variety of creative and unique choreography building methods.
3. Design a dance-fitness class to accommodate all fitness levels.
4. Experience the importance of verbal and visual cueing techniques and music theory.
5. Identify and understand the history of many international dance styles.
6. Learn choreography sequencing and transitioning.
7. Expand knowledge and choreography base.

Benefits:

1. Improves the heart, circulatory, and pulmonary systems
2. Reduces body fat
3. Decreases resting heart rate
4. Increases lung capacity
5. Increases the metabolism
6. Increases muscular strength and endurance
7. Increases bone density and strengthens connective tissue
8. Increases functional strength (daily activities)
9. Improves posture
10. Decreases risk of injury
11. Improves joint mobility and increases flexibility and range of motion
12. Increases self-confidence
13. Decreases stress and symptoms of depression
14. Overall improves the quality of life

Class Design:

- Song 1: Warm-Up - Pop
- Song 2: Warm-Up - Pop
- Song 3: Middle Eastern - Bhangra
- Song 4: Tribal – African
- Song 5: Hip Hop
- Song 6: Latin - Salsa
- Song 7: Swing
- Song 8: Polynesian
- Song 9: Old School – Disco
- Song 10: Broadway
- Song 11: Post-Cardio Cool Down - Hip Hop
- Song 12: Cool Down – Asian

Thank you for attending!

**We hope to see you at an upcoming AFAA FuzeCraze Dance Drills & Skills Workshop.
To locate an upcoming workshop near you, please log on to www.afa.com.**