

MIXXEDFIT®

MixedFit® is a people-inspired dance fitness program that is a mix of explosive dancing and boot camp toning. Everything about our dance fitness program can be described as explosive – all of our movements are always big, exaggerated, full-out, and our very best.

We dance to our favorite songs on the radio that we would dance to at a nightclub. Then, we spice things up by adding boot camp-inspired exercises to make your workout more effective and challenging. If you're plateauing in your traditional dance fitness class, this might be the answer to your prayers.

A traditional MixedFit® class is 60 minutes in length and will get you to your fitness goals a lot quicker than just dancing alone. Why? Because the secret is in the toning that we incorporate. The best part of it all is that we tone using our own bodies. No equipment, no dumbbells, and no awkward toning contraptions!

Our choreography is not complex and difficult. Our steps are repetitive and very easy to follow which means that our students can naturally increase their level of intensity during their workouts. We aim to keep our choreography simple. That way, our students can focus on "working out" rather than following dance steps. If you can do things like squats, jumping jacks, and shake that booty, you will have a blast in class.



Location: *Lenoir Aquatic and Fitness Center*

Room: *Exercise/workout room*

Day & Time: *Tuesday 6:00-7:00pm*

Trial Period: *1st Class Is Free*

Fee: *\$5.00 per class or monthly/ yearly facility memberships available*

Instructor: *Robyn Coffey*

More info: *Call 828-292-8003*



MIXXEDFIT

