

MOMMY & ME

DANCE. FITNESS

Programs & Workshops

DIFINITY DANCE
STUDIO & PRODUCTIONS

We believe in cross-generational, cross-culture performance arts and fitness education for families. Children and parents learn cultural appreciation while getting whole body fitness education. We believe that cultivating the parent to child bond through performance arts fitness education transfers to home dynamic, creating a healthier family. Dfinity Dance trademarked programs were designed with you in mind after 10 years of teaching dance and fitness for diverse abilities. Mom's don't have to find outside childcare for their kids, and they save money by exercising together!

MULTI-CULTURAL DANCE FITNESS

BRAZILIAN SHOW GIRL (SAMBA) Ages 8+

Body positive Ladies Samba Styling Class.

Authentic, classic, vegas show girl styled dance theatre techniques with Rio Carnival Samba steps. Designed for all body types and dance abilities. Tribal, ballroom, and latin moves and footwork get you a great workout. Samba burns up to 500 calories per hour! The highest amount of any dance class type.



SPANISH FLAMENCO HIP HOP LADIES STYLING CLASS 8+

Dance fiercely and freely to this hip hop infused Flamenco Ladies Styling Class. Learn traditional latin and stomp dance moves to exciting traditional flamenco music remixed with hip hop. This class will increase whole body strength and flexibility while incorporating dance theatre choreography.



POLYNESIAN TAHITAN HIP HOP LADIES STYLING CLASS 13+

The ultimate booty shaking class! Gain the flexibility and coordination of a belly dance, and samba class all in one. Improve your confidence and core strength, ditch the winter blues with island moves. Learn tahitan choreography fused with contemporary hip hop moves. We provide the hula skirts, and dance props.



FITNESS & FLEXIBILITY

CIRCUS ELEMENTS 12+

Train just like dancers and acrobats and improve your over-all body muscle tone, flexibility and strength. A fusion of pilates, yoga, and acrobatic conditioning exercises. Kids will improve their balance and coordination through acro dance with ribbons and balls as well as hula hoops!



PUMPUP THE JAM 10+

The ladies of the 80's did it best! From jazzercise to hip hop dance, this program focuses on whole body balance. Improve your cardio vascular endurance, improve over-all muscle mass and tone, and increase your flexibility in just 6 weeks! Pump Up the Jam to hits from the 70's, 80's, 90's, 2000's and now remixed to give you good vibrations and keep you moving. This program is for all ages and abilities.



YOGA NASTICS 6+

This program utilizes elements of yoga, and gymnastics tumbling exercises and poses for cardio training, and muscular development and strength, This is a pre-requisite program for kids interested in learning the Circus Elements program. Bringing yoga to another level by fusing dance and yoga together. Instructor leads participants on an adventure and kids pose and move according to the unique sounds, and story being explored.



CALL & BOOK A PROGRAM OR WORKSHOP FOR YOUR ORGANISATION TODAY!

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DRUM DANCE 8+

Drums Alive is an all-inclusive program that covers music education, multi-cultural dance education, as well as it meets Physical Education requirements for Schools. Drumming has been proven to reduce stress in children with learning disabilities, and improve concentration and memory retention. The vibrations created by drumming has also been shown to improve blood circulation, help to prevent Alzheimer's, and reduce pain for participants with joint pain.

MUSICIN MOTION 6+

Get a head start on your child's musical and physical literacy. Music in motion combines children's favorite percussion instruments with elements of Difinity Dance Yoganastics and World Dance program. Kids will improve motor coordination, musical memory while learning the basic dance steps of ballet.

HEADSTART BABY

MOVIN MOM & TOT 2.5-4YR

From Kinder tumbling exercises to Yoga, mom will move around the room with her child to playful music that encourages active story time using fun objects for kids. This will increase the child's motor coordination skills, color, sound, and shape recognition.

MOMMY&ME MOTION 6MTHS-1YR

Parent will join in the fun while her child moves and groves to playful sing-along-music, and yoganastics story telling on their playmats.

CONTACT US ON FACEBOOK TO FIND PROGRAMS & WORKSHOPS IN YOUR AREA!

