

Our goal is to improve your confidence by empowering you to feel amazing in your body today. We believe cross-cultural dance fitness is for all ages and abilities. Our recreational classes, and workshops are a fusion of traditional, authentic dance movements and proven aerobic fitness science. We work with you on the dance floor to help you gain confidence and improve your over-all health and wellness. Your dance and fitness goals, are our aspirations. There is no nudity in the class at any time, and no public performing is required. These exciting trademarked programs were designed by Stephanie Strugar after over 10 years of teaching.

CLASSES FOR TEENS & ADULTS (13-55 YRS)



FLAMENCO.HIPHOPFIT: Dance fiercely and freely to this hip hop infused Flamenco Ladies Styling Class. Learn traditional flamenco, 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.



SAMBA.HIPHOPFIT: 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 calories for any dance or aerobic fitness class style!



DRUM.DANCEFIT: This exciting program combines the cardio of an aerobics class with cross cultural music and dance steps. Dance to hip hop, pop, and music from across the world while learning drumming rhythm and improving your over-all coordination. Our empowering class is sure to keep your hips moving and grooving while you drum to your own beat.



TAHITAN.HIPHOPFIT: 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 polynesian choreography fused with contemporary hip hop moves. We provide the hula skirts, and dance props.



TWERK N' STEP: Learn how to twerk and step like the Pro's! Twerking is the ultimate body workout, and is equivalent to 1 hour of pole dancing. Tone your entire body, while gaining confidence and better balance. Dance to afro-caribbean, dance hall, hip hop and RnB. Twerking has been apart of cultural dance for centuries, and is thought to be one of the biggest expressions of reproductive health



CURVES & CHAIRS: Body positive Burlesque Hip Hop/ R&B chair dance class.. Authentic, classic, vegas show girl styled dance theatre techniques. Designed for all body types and dance abilities. Get a great workout with sultury moves, strength building chair stunts, and hip hop infused dance choreography.



We design our cross-cultural workshops to be inclusive to all bodies and minds to demonstrate that anyone can dance if they choose to. Our classes, camps, and workshops are instructed in an open-conversation format to help students discover their identity and style as a dancer and celebrate it! Dancers will work directly with the Choreographers to design a performance that incorporates their cultural heritage and modern dance theatre styles. At the end of the camp week students will perform their piece for their peers and family.

We know when girls collaborate with one another their over-all health and wellness and leadership skills improve. Our multi cultural, modern dance theatre camp are designed to help teen girls boost their confidence. Our facilitator, and guest choreographers will demonstrate the HAES (Healthy at Every Size) philosophy through small group open discussion, and choreography development.

GEMPOWER WORKSHOP

This 4 hour workshop to schools, family-centered service organisations, and schools through out the year with the goal of empowering teen girls to discover self-love through our trademarked dance fitness workshops. The wempower workshop is 4 hours in length and features a 45 minute group motivational speech, 1 hour group dance lesson, refreshments, and a 1 hour Vision Board building session, one on one Q & A session with the Educator and each participant. Teens get to meet our inspirational Educators and hear the story about their journey through depression, eating disorders, and self-confidence challenges. This is not your typical health and nutrition workshop in Home Economics, this workshop is for the modern Teen struggling to find her Identity, in this current time of re-defining a woman's role in society.

FEATURES:

1. An interactive, judgment free, open conversation format inspiring speech (My life story)
2. An introduction to the definition of self-worth and self-respect, why your opinion of yourself is the most important despite media pressures, and modern day challenges teens face. (Q&A period, "get to know the teens"
3. Practical tips and education on the subject of finding life balance through holistic nutrition, exercise, and hobbies for all bodies, budgets, and abilities (No fad diets, body positivist, health at every size).
4. Practical steps to identifying your strengths and how to find your path through a vision board collage (Art exercise)
5. Meditation exercise (Stretching & Breathing for Fight/Flight/Freeze moments, and practical PTSD, Depression, Anxiety Management tips)
6. Dance Tutorial (Hip Hop & Modern Dance for Beginners to Intermediate dancers to Empowering songs)
7. Educational Resources (Handouts and links to Teen Resources locally and online on the subject of Bullying, Nutrition, Health etc
8. Glitter & Airbrush Tattoos/ Snack for the Teens (They can share their story and ask the Educator questions.

GEMPOWER CAMP

This 1/2 day. 5 day camp that runs from a Monday to Friday features dance and fitness lessons. Students develop leadership and team building skills through our open-discussion format Gempower life skills lessons. The purpose of the camp is to not only improve self-esteem, but to also create cross-cultural understanding among dancers. We believe when girls see other girls from diverse backgrounds and body types dance with joy in their current body, it inspires them to do the same.

GEMPOWER CLASSES

Our Gempower 2 Hour Classes features a 1 hour dance lesson, and a 45 min. Leadership lesson.