



**Welcome to Fire It Up™ Adult Dance Fitness!**

As a dance studio owner/teacher we are all asked if we offer adult dance classes. Our answer is always, sure we could do that. When we go to plan those classes we realize that adults really don't want -or care to learn about - turns, technique, jumps and all of the standard jazz class elements. They just want to move, and feel the joy of "dancing". Then we realize that in order to run this class we would have to choreograph all new dances and combos that would be appropriate for the beginner adult market. At that point we take the class off our studio schedule and go back to the next, far more pressing issue of recital or competition choreography for our dancers.

I created Fire it Up Dance Fitness™ to fill a need in my 7 dance studios. I have had other dance fitness programs at our studios and I didn't feel like they offered enough variety in movement and dance genres to justify them as an adult "dance" class. Fire it Up Dance Fitness™ has a diverse repertoire and is taught by trained dance teachers. It starts slow with a "body friendly" warm-up, continues to climb in intensity and ends in a soothing, light stretch on the floor. Getting adults actively taking dance classes in your studio will not only serve them individually, it will give you a deeper connection with your dancer's parents and allow the parent an insight into their child's dance class experience. Their knowledge often alleviates negative judgements when they observe their child. Fire it Up Dance Fitness™ can serve as a great extra revenue generator at days and times when the studio is not typically used. We use Fire it Up Dance Fitness™ to add value to our families' dance studio experience by offering all parents with enrolled children FREE Fire It Up classes.

## **How Do I Get Started?**

### **1. Watch and Select:**

Watch the videos and choose 8-10 dances to get started. The recommended time for each Fire it Up Dance Fitness™ class is 50 minutes. You do not need to learn ALL of the Fire It Up dances to get started. Each class should contain 8-10 dances. You will always want to include the Warm-up dance "I'm Alive" and the closing Stretch "I Know You by Heart". Everything else in the middle is up to you. Make sure to choose a variety of styles and music, as well as pace and tempo. I have included a sample playlist below.

### **2. Learn and Train:**

The Fire it Up Dance Fitness™ dances are simple, but they take some time to learn and commit to memory. Carve out time in your schedule to train yourself and other teachers. The best way to start is to watch the video and have each teacher write their own notes. This is best because each person learns and remembers choreography in a different, distinct way. Second, stand up and try the dance with the help of your notes and video. When you think you have it, try without the video with notes only. When you are ready to fly solo, put the notes away and give it a try. The average time you need to master each dance is 60 minutes.

### **Market your Fire it Up Dance Fitness™ Classes:**

We have included the Fire it Up Dance Fitness™ logo for your studio's personal use. Create your class schedule and get the word out. Try offering the first 2 classes as a FREE Trial. Plan your Fire it Up Dance Fitness™ Classes at times convenient for working and stay-at-home adults,.

### **Fire it Up Dance Fitness™ Video Menu:**

I'm Alive - Warm-up Dance  
We Found Love  
You Should Be Dancing  
On Broadway  
Boogie Woogie Bugle Boy  
I Know You Want Me  
Ain't Too Proud to Beg  
Beat It  
Bust a Move  
Gold Digger  
Open your Heart  
Party Rock  
Proud Mary  
Redneck Woman  
Who You Are  
I Know You By Heart - Closing Stretch

**Playlist:** All songs available on ITUNES

1. **I'm Alive [Live]** 4:15 Celine Dion A New Day: Live in Las Vegas Disc 1 Rock
2. **We Found Love (feat. Calvin Harris)** 3:36 Rihanna We Found Love (feat. Calvin Harris) - Single Pop
3. **Gold Digger** 3:28 Kanye West & Jamie Foxx Late Registration Hip Hop/Rap
4. **Ain't Too Proud to Beg** 2:32 The Temptations Motown 1's R&B/Soul
5. **You Should Be Dancing** Last Edit 2:37
6. **Party Rock Anthem (feat. Lauren Bennett & GoonRock)** 4:22 LMFAO Sorry for Party Rocking (Deluxe Version) Pop
7. **Proud Mary** 2:38 Tina Turner
8. **Redneck Woman** 3:36 Gretchen Wilson Gretchen Wilson: Greatest Hits Country
9. **Boogie Woogie Bugle Boy** 2:19 Bette Midler The Divine Miss M Vocal
10. **Act One: On Broadway** 2:38 Adrian, Fred, Ken & Victor Smokey Joe's Cafe: The Songs of Leiber and Stoller Soundtrack
11. **Who You Are** 3:51 Jessie J Who You Are Pop
12. **I Know You By Heart** 4:01 Eva Cassidy Songbird Pop
13. **Beat It (Single Version)** 4:19 Michael Jackson Michael Jackson: The Ultimate Collection Pop
14. **I Know You Want Me (Calle Ocho) [More English Extended Mix]** 4:26 Pitbull I Know You Want Me (Calle Ocho) - EP Hip-Hop/Rap