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Dance to Better Health at GSU

University Park, Illinois, April 25, 2011 – The Recreation and Fitness Center at Governors State University is encouraging everyone to dance their way to better health and fitness by offering three fun classes that teach dance steps while toning muscles and burning calories.

Stepping lessons will be offered Wednesdays, May 4 through June 8, from noon to 1 p.m. Stepping promotes fitness, health awareness, and discipline for all ages. The class is taught by UniverSoul Steppers, which is dedicated to offering a creative form of modern art and dance that bridges cultural and generational gaps.

Belly dancing lessons will be offered on Wednesdays, May 4 through June 8, from 4 to 5 p.m. Participants will learn the ancient art of belly dance while toning their body. The six sessions include light calisthenics and belly dance moves to pop, R&B, and modern Arabic music.

Zumba, exercise inspired by a fusion of Latin and international dance led by Hip Quake, will be offered Wednesdays, May 4 through June 8, from 5 to 6 p.m. Zumba participants dance away their worries with salsa, merengue, cumbia, reggaetone, samba, and belly dancing. Each workout combines fitness interval training with dance and tones and sculpts while burning calories and fat.

No experience is required for any of these classes. The cost is $25 for Recreation and Fitness Center members and $40 for non-members.

For more information and to register, call 708.534.4556. The Recreation and Fitness Center at Governors State University is located at 1 University Parkway, University Park, Illinois.