



SuzyMari DanceFit Youth Programs

LET'S GET FIT
HAVE FUN AND
LOOK FABULOUS!!!

SuzyMari's DanceFit classes are high-energy, cardiovascular workouts in a fun, dance-oriented atmosphere.

Infused with Latin, Calypso, Reggae, Chutney and Bollywood music, the easy-to-learn, rhythmic moves are an exciting way for all shapes, ages, cultures and fitness levels to get fit, have fun and look fabulous!



p 416-895-5129
e suzy@suzymari.ca
w suzymari.ca

Benefits

- improve body image, self esteem and overall health
- increase energy, flexibility and core strength
- be revitalized with a fun routine
- combine dance and aerobics at a self-directed pace

Enhanced Services

- **Nutritional:** learn about good carbs vs bad carbs, strategies for avoiding "fad diets" and understanding food labels
- **Lifestyle:** learn new eating habits, balance meal plans and set realistic goals

About the Instructor

Suzette Dallas is a Fitness Instructor, Certified Personal Trainer and owner of SuzyMari's DanceFit. Her dynamic approach, nutritional counselling, diverse dance moves and high-impact classes makes it easy for clients to stay motivated from week to week.

Suzette's focus on increased energy and vibrant health has established her as an engaging instructor and active member of the community. Her dance-oriented approach is a refreshing fitness solution for both the corporate and non-profit sectors.



Geared For:

- communities with limited resources
- diets with predominantly high-fat content
- groups 9-12 and 13-16 yrs old
- boys and girls

Timeline:

- 6-9 months
- option of 2 or 3 days per week

DAY 1: Nutrition & Stretching

DAY 2: DanceFitness

DAY 3: Strength & Tone

Rates*:

STANDARD - 3 days/wk
- \$65/hr, minimum 2hrs
- \$390/week

BASIC - 2 days/wk
- \$75/hr, minimum 2hrs
- \$300/week

* Rates are negotiable for non-profit agencies; please call to inquire.