

Get fit to the beat

From zumba to disco, “dancercise” is the new fashionable way to get fit. eny aloisi went to try out some classes

I t all started at my gym, Bannatyne Fitness, when instructor Chris Jobling came up to me in my first step class (halfway through the series of classes) and said: “Hi! It’s great you are here, but I must tell you that this is a highly choreographed routine and we are almost at the end of learning it.” I thought, “I’ll be ok, I’m used to dancing and I’ve done step before.”

I was wrong. The moves were fast and clever and fitted

perfectly to the music, but they were too difficult to just pick up on the day. As a novice I had to resign myself to wait until the following week and learn the new routine from the beginning.

Step is no longer the boring “repeat knee” and up-and-down-the-step kind of class. Chris’s class is more like dancing with an obstacle, namely the step. Even the step vocabulary has expanded to include dance moves called tango, cha cha

cha, jazzy, funky kick and kick ball change. All movements are either four- or eight-count.

Chris teaches a group of women of varied ages, who have been faithfully following the class for the past three to five years. They are all very quick at learning new choreographies and some say that going to the class is better than going out. The quick →

wxuq iru wkh ehwwhu dw wulf
Skrwrjudsk frxuwhv ri llwqhvw lluvw

