



Body-Shaping Dance Aerobics beginner

The aim of this course is by merger of sports and dance movements to connect coordination, body shaping and relaxation.

At the beginning of each session participants learn a short and easy choreography, which intensifies circulation and enhances coordination.

This is followed by exercises that tone major muscle groups especially those in problem areas: abdomen, thighs, shoulders and bottom. The session is closed by stretching and relaxation.

Instructor: [Ms. Kata Szalai](#) [1]
[2]

Time: Wednesdays at 5:30pm-7:00pm

Location: PTE Dance Studio (Ifjúság útja 6. building B)

For registration please log in at the right bottom part of the page. If any problem occurs please refresh the page.

[REGISTRATION](#) [3]

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