

DANCE FIT MOMS

BABY COMES TOO



What Do We Do?

Our unique **DanceFitMoms®** classes are based on StreetFit® & KinisiFlow and cater for all levels of fitness/experience. Suitable from when your GP has OK'd your return to fitness activities at your 6/8-week, it's a great way to return to fitness whilst building up your mom network.

We have a great mix of new moms, exercising alongside mums of school aged kids; none of whom are dancers, all just want to have fun improving fitness, building greater core strength, firming up muscle tone, strengthening pelvic floors etc.

The class itself lasts for 45mins & takes us through a warm up, before focusing on upper body, lower body, cardio workout & then core/strength & conditioning (including resistance training with Therabands, to intensify our workouts to individual levels), followed by a cool down to finish.

We keep the choreography consistent, making smaller changes to tempo/adding in developments as the course progresses, with the intention that as familiarity with the moves grows, we increase the intensity & therein, the results.

Our well-equipped creche area accommodates younger babies (baby gyms, swings, bouncy chairs, jumperoo, play mats etc), and older crawlers & walkers (variety of toys/activities/ball pool/ride on rockers etc). We also have toys and activities suitable for pre-schoolers, including a shop, kitchen, fire station, dolls house, soft play equipment: you name it, we got it... they love it!

FUN dance fitness classes where childcare isn't an issue as baby (or toddler!) comes too!

Bag your **FREE** taster by completing the online health questionnaire:

<https://www.cdcdance.co.uk/dfm-health-questionnaire>

When?

DanceFitMoms®

Mondays 10 – 10:45am



Where Are We?

CDC Dance Ltd

Above Poundland/Clarks

153 High Street
Kings Heath
Birmingham
B14 7DG



Our 2019 renovated studios are above Poundland and Clarks, the doorway is to the left of Poundland's entrance, with stairs only up to the first floor. We share the entrance with Foundry Gym.

We always have someone on hand to assist on the stairs but most of our parents opt for carriers over pushchairs as there isn't anywhere secure on the ground floor where pushchairs can be left.

If travelling by car, the St Dunstan's car park directly behind the building on Institute Road is the best place to park

Facilities

Our newly refitted venue boasts:

- 3 studios, with a folding partition
- wall between studios 1 & 2, allowing a more flexible space;
- toilets with baby change and a 'Little People' toilet;
- a changing room with lockers;
- video entry/exit security system;
- CDC staff & guest wifi broadband;
- Bose sound system;
- big screen projection equipment;
- Le Mark dance flooring;
- full dance safety mirrors;
- barres;
- AcroPAD inflatable floor, roller & crash mats
- 4 hand sanitiser stations
- Industrial fogger for anti-viral cleaning
- Option for attending class online via Zoom if needed

What to Wear

Make sure you wear sports/active clothing and trainers that provide suitable support/cushioning. Consider getting a sports bra.

Don't forget to bring a water bottle to keep you hydrated.

Terms

First session is a **FREE TASTER**, and thereafter we have 2 payment options:

If attendees 'drop in' to a **DanceFitMoms®** session, the cost is £7.50 (paid cash/card at the start of the session)

Monthly paid for in advance via GoCardless Direct Debit are discounted to £7 per session.

In addition to the monthly class fee, there is a £2.50 per customer/family, per month, admin fee payable and an annual membership fee, due at the start of each calendar year.

