

So You Think You CAN'T Dance...

(<http://fabfitfun.com/soyouthinkyoucantdance/>)

by **Giuliana** on August 2nd, 2010 | [Comments 4](#)

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(<http://fabfitfun.com/wp-content/uploads/2010/08/dancing-with-the-stars-season-finale.jpg>) SYTYCD is coming down to the wire this season. Although I will be sad to see it go, I am happy to know that DWTS will be right around the corner! I tend to get a little overly caught up with the dance competitions so next season I am hoping the line-up will include the now officially almost practically “who cares?” divorced Speidi, Mel, Jesse, Li-Lo and Kanye...This way I don't care who loses.

That said I do love dancing – and even though I occasionally remind people of Urkel, I also have my moments. With the right song and the right partner most of us can look like J-Lo (if only for a few moments and if only in our own mind.).

Whether we look like J-Lo or Urkel, dancing is a fun way to burn serious calories. These days dance classes are all over the map at local gyms and dance studios. And luckily many of them are specifically geared towards those of us cursed with a touch of Urkel. The ‘follow the teacher’ type classes paired with great music, make it easy to master the moves. So go ahead and get you heart pumping and booty toning groove on with one of these great dance classes:



(<http://fabfitfun.com/wp-content/uploads/2010/08/zumba1.jpg>) **Zumba** (<http://www.zumba.com/us/>) – Channel a little Shakira and join the Zumba fitness party. This Latin inspired



dance class is a fun and effective workout that blends a variety of dances including salsa, cumbia, reggaeton, samba, hip hop, mambo and much more. Even if you've never danced before, these classes are surprisingly easy to follow thanks in part to the contagious Latin and international rhythms. Seriously, you can do this! The popular class has made it onto 105 countries, helping to get seven-and-a-half million people a little more fit – including celebs like Victoria Beckham, Jennifer Love

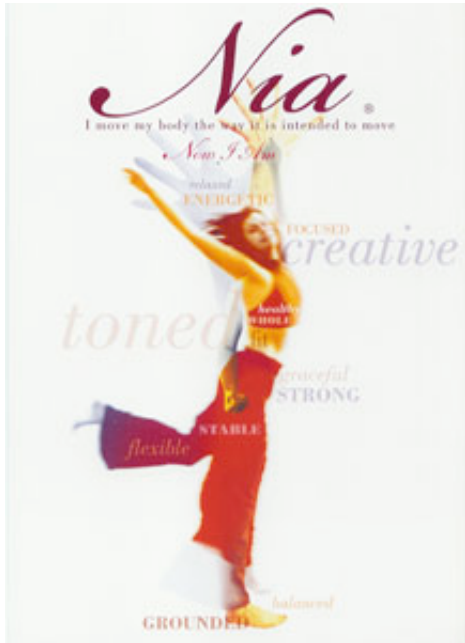
Hewitt, Vanessa Williams and Natalie Portman. Find a class at the [Zumba website](http://www.zumba.com/us/) (<http://www.zumba.com/us/>) or pick up a great **DVD like the Zumba Fitness Total Body Transformation System** (<http://www.amazon.com/Zumba-Fitness-Total-Transformation-System/dp/B002HZ4XMC>).



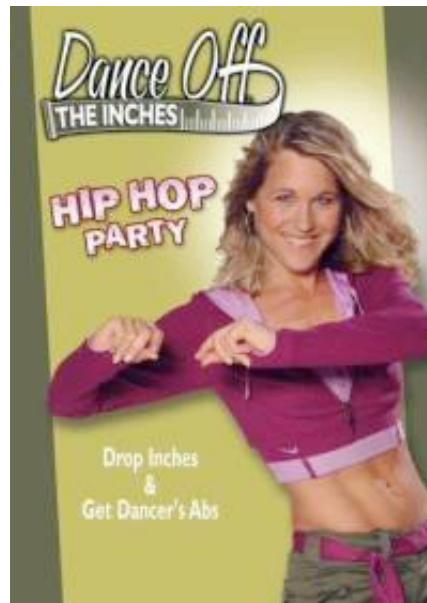
(<http://fabfitfun.com/wp-content/uploads/2010/08/dita.jpg>) **Burlesque** – Once risqué, this sexy dance workout has clearly made it into mainstream America. From the *Girls Next Door* to the *Real Housewives* – everyone is learning this super hot way to burn calories. Not to mention, Kristen Bell, Christina Aguilera and Cher are starring in the upcoming film, *Burlesque*, set to be released this November. The workouts, based on the much loved cabaret style dance, are designed to slim and tone your body while helping to lose inhibitions and gain confidence at the same time. Best of all, anyone can shimmy, shake and strut their way to a better body using burlesque. Check the web for local classes or pick up this awesome DVD **The Goddess Workout: Cardio Burlesque** (<http://www.amazon.com/Goddess-Workout-Cardio-Burlesque-Striptease/dp/B000WVPXC2>) to dance off that booty in your own home.



<http://fabfitfun.com/wp-content/uploads/2010/08/jazzcer2.jpg>) **Jazzercise** (<http://www.jazzercise.com>) – I know, I know – visions of ladies in bright neon leotards and leopard headbands come to mind when you think of this dance trend that exploded in the eighties – but now the trend is back! Loved by DWTS star Cheryl Burke, jazzercise combines jazz dance, resistance training, Pilates, yoga and kickboxing movements. The intense but very doable 60-minute total body workout blends dance aerobics with muscle toning and stretching movements. The class is set to catchy tunes that offer a little bit of something for everyone including Top 40, jazz, country, funk, rock, blues and hip hop. To find a class near you visit the **Jazzercise website** (<http://www.jazzercise.com>). Or try it for yourself at home – your mom probably has a tape in her basement. But if you don't want to brush off the VCR, you can get a jazzercise DVD like **Dancin' Abs** [here](#).



<http://fabfitfun.com/wp-content/uploads/2010/08/nia.jpg>) **Nia** (<http://www.nianow.com>) - This is another cool class that blends a variety of techniques including modern dance, Yoga and martial arts. The low impact movements are great for people at any age or fitness level. The class has a definite spiritual element and the goals include awakening the spirit and creating a kind of total body awareness. Although I wouldn't classify NIA as a highly intensive workout, it does help get your whole body moving. Find a class near you at the **Nia website**. (<http://www.nianow.com/about-us>)



<http://fabfitfun.com/wp-content/uploads/2010/08/jen-hiphop.jpg>) **Hip Hop** – If you wanna practice your moves before you hit the club scene you should check out a hip hop class. These high energy, fast paced classes are sure to get your heart and feet pumping in no time at all. Learn how to master the moves of Britney and J-Lo as you sweat your butt off to fun Top 40 rap and R & B favorites. Check the web for a local class and you should definitely check out the fantastic DVD from my friend and guest blogger – **fitness and nutrition expert Jennifer Galardi**.

<http://www.livwhole.com>) **Jen's Dance off the Inches: Hip Hop Party** (<http://www.livwhole.com/buy>) is a fun and funky dance workout that will help you melt pounds and tone your abs. Jen actually has a **whole line of great dance DVDs** (<http://www.livwhole.com/buy>) that also include **Ballet Body Workout** (<http://www.livwhole.com/buy>) and **Latin Rhythms – Fat Blasting Dance** (http://vimeo.com/moogaloop.swf?clip_id=4493132).

- Category: **Fitness** (<http://fabfitfun.com/category/fitness/>)

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1. *Jamie* August 3, 2010



<http://fabfitfun.com/soyouthinkyocantdance/comment-page-1/#comment-1011>

Thank you so much for the Jazzercise mention! I have been teaching for 13 years and it is always a dance party in my class! I just wished the photo had represented that. If I had seen that 80's flashback photo I would have steered clear of Jazzercise and missed out on the best years of my life! The Zumba photo makes those classes look super fun, but having taken a class I can say I did not get as good of a workout as I do with Jazzercise. In the future I hope to see the rockin' class photos that Cheryl Burke has been a part of – that's the Jazzercise we know and love:) Thanks!

2. *Sara* August 3, 2010



<http://fabfitfun.com/soyouthinkyocantdance/comment-page-1/#comment-1012>

Thanks for the Jazzercise shout-out but Jazzercise isn't "back". It never left!! It's the number 1 dance fitness program in the WORLD and has remained this way for 40+ years due to the use of top-notch choreography, amazing music, and the most current physiological safety guidelines. Combine that with yoga, pilates, hip-hop, latin, and fun jazz moves incorporated into every class, and you will get an amazing workout that burns between 500 and 700 calories a class! We instructors love the recognition, but please be assured that nobody dresses like that photo you used. If you need a link to a current image of what Jazzercise looks like in the year 2010, I'm sure we could help you out!!

3. *Lindsay* August 3, 2010



<http://fabfitfun.com/soyouthinkyocantdance/comment-page-1/#comment-1020>

I think the photo is supposed to be funny – and it is!! Love all the info G! Thanks!

4. *Jamie* August 5, 2010



<http://fabfitfun.com/soyouthinkyocantdance/comment-page-1/#comment-1028>



YAY! Now THAT is Jazzercise! Thank you SOOOOOOOO much for the update:)

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- We love Carmine's (amazing!) and Tavern on Rush! RT [@cindymassaro](https://twitter.com/cindymassaro) (<http://twitter.com/cindymassaro>) What is the name of restaurant u and bill ate at on Rush in Chicago? About 2 hours ago
- People are loving this blog. U can totally tell what type of guy u are out with by the way he EATS. Read this! <http://tinyurl.com/25o223s> (<http://tinyurl.com/25o223s>) About 12 hours ago
- So full...truffle mushroom pizza, grilled salmon and Cold Stone ice cream with oreo & cookie dough for dessert. Their whip cream is epic! About 13 hours ago

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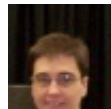
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