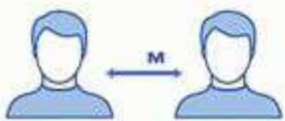


**WORKOUTS ARE BACK
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XTREME DANCEFIT-40:20

Xtreme Dancefit 40:20 Effective Dance Fitness Series by The Swingers. 40 minutes of dancebased fitness & 20 minutes of intensive fun workout in stretching , strength , abs, legs & thighs .A fitness formula that actually works to achieve that Toned body & Natural glowing skin Train with best & friendly skilled instructors who will make your sessions fun.its time to Sculpt,Tone & Shake the extra pounds off .

The Class Module is Most fun and not repetitive where no one get bored and give up to easily . To Digest Varsity of food needs Varsity of workouts, here we wrapped the best of weight loss formula mentioned below. This Course will also increase the stamina and build's required muscle for the workout through high intensity interval training.



LATIN HIT

Latin Hit Latin based Fitness that will quench your mind & body formore fun with latin basedworkout on salsa , merengue bachata, cumbia & reggae

BOLLY BURNS

Bollywood Fitness that will sculp& tone your body with 40 minutes of Garmi workout moves & 20 minutes of circuit drills.

POP BLAST

Give your body a makeover while you having blast with latest pop tunes. Introducing pop blast workout for whole body with the combination of hiit techniques for the top hit pop numbers you always wanted to groove .

XTREME DANCEFIT-40:20

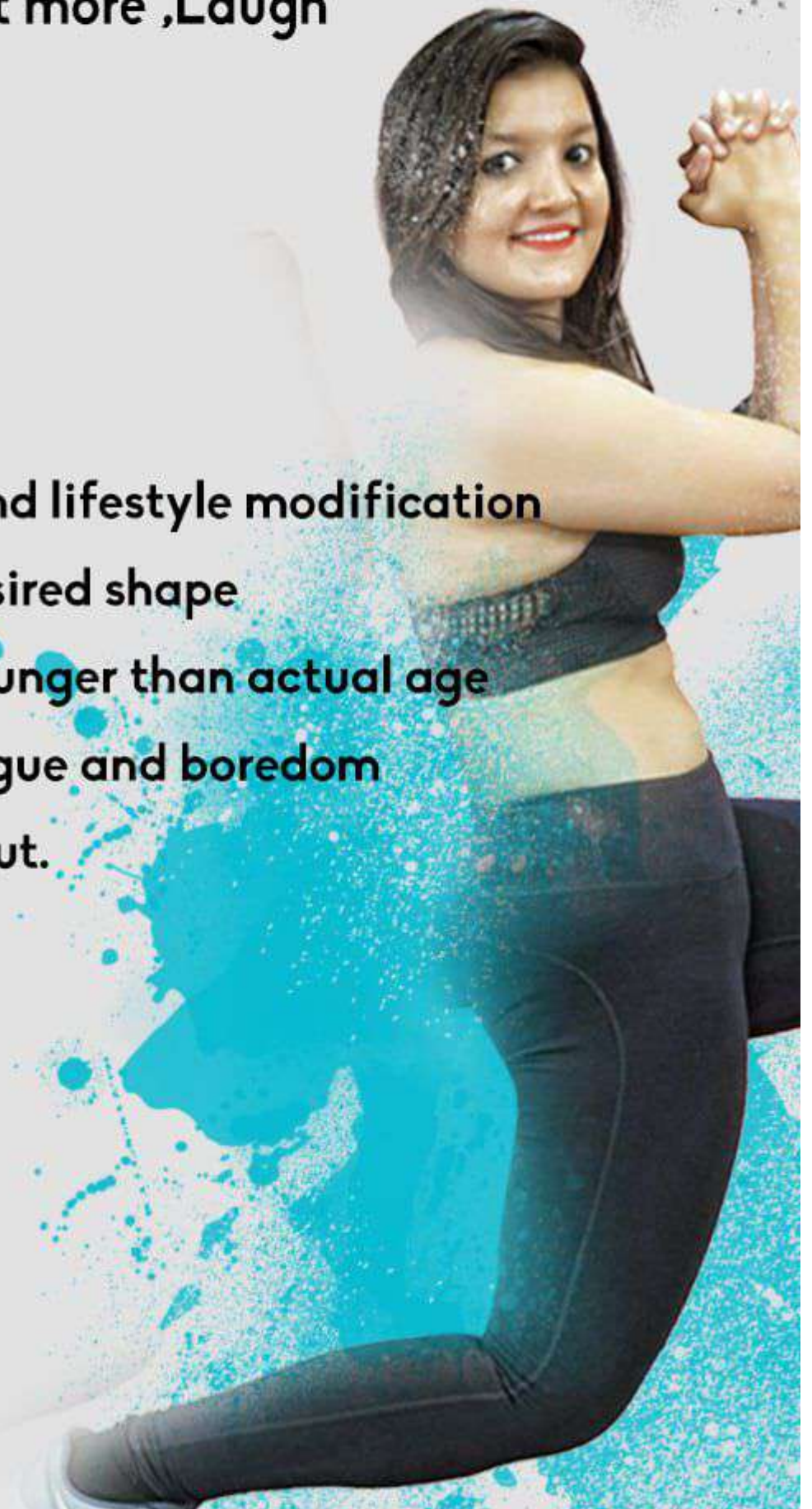
Stay at home & Stay in Shape with super fun dance fitness workout programme by The Swingers. Sing , Dance & Follow along to the top chart of Pop Songs Xtreme Series 40-20 is the Programme you gonna Sweat more ,Laugh more ,Feel good & ofcourse stay young

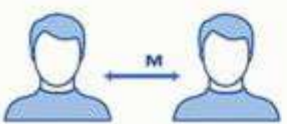
FITNESS FACTS

- There are no short cuts to lose weight
- No point in losing weight without Diet and lifestyle modification
- Consistency is the key succes to your desired shape
- Working out right will lead to looking younger than actual age
- Doing the same exercise will lead to fatigue and boredom
- We believe in having fun while we workout.

DRESS CODE

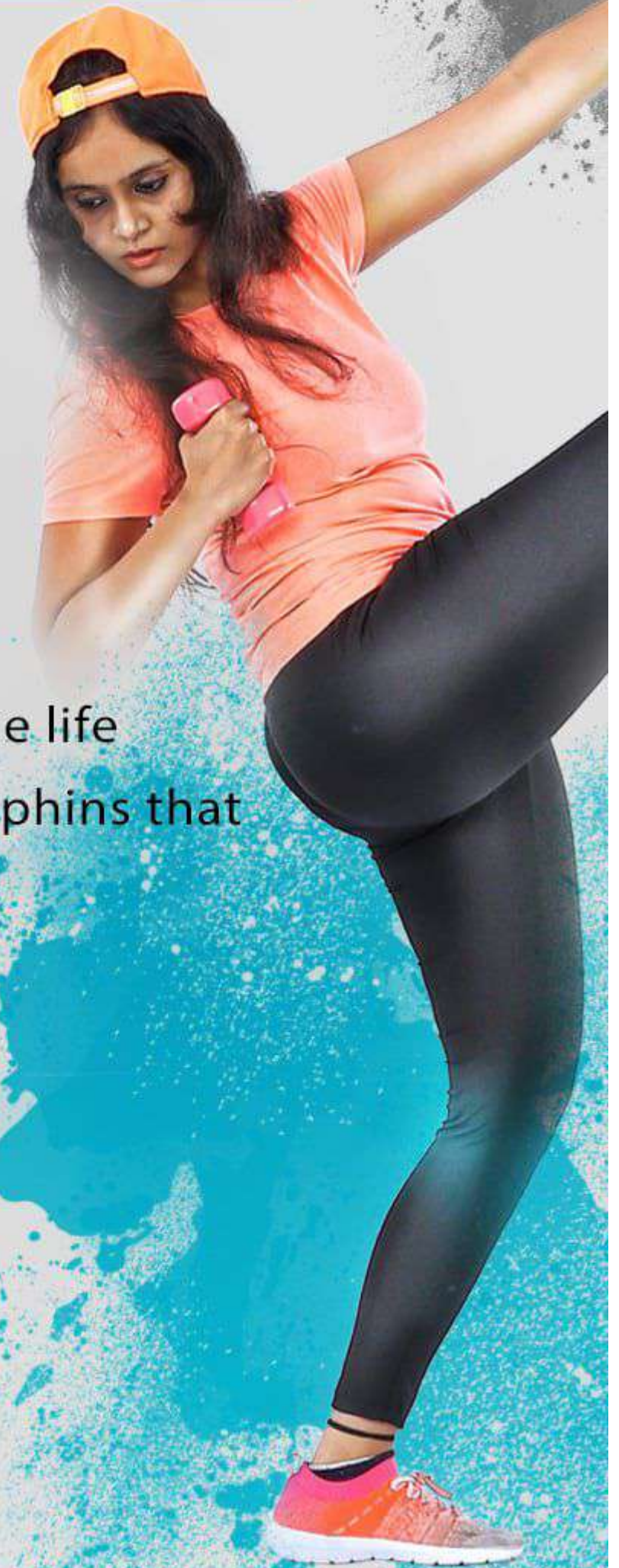
- Track pants
- T-shirt
- Leggings (Girls)
- Shorts
- sports wear
- Towel
- Water Bottle





BENEFITS OF XTREME 40:20

- Body and mind co-ordination
- Stay young & fit
- Lose weight while having fun
- It's proven any physical activity will boost up the productivity
- Add creativity and artistry to your life
- Boost emotional & mental health
- Lose your self from stress & find in happiness
- Best way to motivate yourself from the routine life
- The energetic movements help release endorphins that can elevate your mood
- You will never want to miss a class





ABOUT THE SWINGERS

The Swingers Dance Inc is a leading dance institution associated with Broadway Dance Center, New York having branches at Chennai & Bangalore . We trained more than 100000 dance professionals including dancers, choreographers and teachers in studio & over 6000 students online since last year

ARTISTIC DIRECTOR

Mr.Prasanna started his dance career at the age of seven and has undergone extensive training in dance at several internationally acclaimed dance Insitutions across the world including "Edge Performing Arts" California, "Broadway Dance Center" New York. He has taught classes and performed many productions across United States of America and United Kingdom.



Jyotsna
Author- Blogger- Coach

After joining Swingers the biggest change which I felt is my energy and my confidence. Being a mother for 2 childrens everyone used to ask me about my weight loss and the reason behind that is Xtreme



Isha
Student

I was a person who had literally two left feet I couldn't move at all but then after joining these classes, my instructor have been helping me a lot to shape up my intention on losing weight.



Elvis
celebrity coach

It gives a phenominal experience & even better results , class will make you wanting more , your 1 hr will go before you know it . ive never felt its online , classes are very alive here .

