

AFRO FUNK DANCE FITNESS

A COMBINATION OF TRADITIONAL AND STYLIZED AFRICAN AND CARIBBEAN DANCE IN A DYNAMIC AND FUN WORKOUT FORMAT!! FOR ALL AGES AND LEVELS.

TUESDAYS

5:30-6:30 PM

GROUP FITNESS ROOM, 3RD FL

YOUR INSTRUCTOR:
TANITA FADYEYOLA



TANITA HAS BEEN TEACHING DANCE FITNESS SINCE 1990. SHE HAS EXTENSIVE TRAINING IN AFRICAN, AFRO-CARIBBEAN & AFRO BRAZILIAN DANCE. SHE HAS TRAINED AND TAUGHT THROUGHOUT THE U.S., IN SOUTH AFRICA AND HONG KONG, AND CURRENTLY DANCES WITH A WEST AFRICAN DANCE COMPANY. WE ARE PLEASED TO HAVE TANITA JOIN OUR GROUP FITNESS STAFF AT THE GLENDALE YMCA!!

BEGINS APRIL 12!!