

# Dancing With Friends Bio.

Dancing With Friends was established in April of 2012. The foundation of the program was built on an idea to get together with friends new and old to exercise, socialize and share in the love of dance.

The original class is two hours long with a 30 minute lunch break. In this class we practice partner dancing as well as solo dancing. Dance styles include line dancing, hip hop, lyrical, swing, wheelchair dancing, ballroom and more! We encourage individuality with dancer music selection and individual performances. This fun class also works to create fun and imaginative routines that are performed at national dance events throughout the year.

The newest classes that the Dancing With Friends program offers are Adaptive Dance and Yoga. The dance classes are fun high energy Zumba like dancing to get the bodies moving and hearts pumping. We have created fun and easy dance routines that the dancers become more comfortable with the more they attend class. The yoga class consists of core building as well and stretching and strengthening moves to center the body and mind. Mats are encouraged for this class, but are available onsite for those who need to borrow one. There are instructors and volunteers on site to help get participants onto their mats and keep in good form.

Classes are located at Overstreet Dance Center in Littleton. This location provides a huge dance floor with tons of space for wheelchairs, dancers and volunteers. Mirrors and sound system complete the setting. There is also plenty of space to sit and watch, with tables for you to sit and eat a snack or lunch with the group.