



COUNTRY Fusion®

DANCE FITNESS

LINE RIGHT UP

Country Fusion® is a new fitness workout that incorporates country music and dance into one wild ride!

ABOUT COUNTRY FUSION

Country Fusion is not just a workout program; it is a lifestyle! Participants attend a 50-minute class, where they can burn about 500 calories in a LIIT-based line dance workout. The class focuses on actual country line dances, while “fusing” four other types of dances and music. Participants in Country Fusion will see improvements across the board, in their overall muscle endurance, fat loss and weight management, improved core and joint strength, better coordination, balance, and memory. The class can be modified for all ages and levels of ability!

LIFESTYLE

Country Fusion doesn't just end at the gym, participants can take their moves to the local nightlife and country music concerts! Venues that host country music events are the perfect place to go to show off new Country Fusion moves, practice what has been learned in class, and meet others who love country music and dance. Since Country Fusion consists of actual line dances, class attendees learn a skill that can be applied to dancing at other venues. Country Fusion members find themselves fully engaged in a whole new lifestyle and all of the new opportunities that come with it!

TESTIMONIALS

County Fusion has been offered at our Y since November of 2018. We currently have 3 instructors employed with us. The class gets a nice range of participants as it is an easy to follow format. Recently we added a 30 minute Country Fusion line dance lesson to the schedule prior to the full class. Members have found this to be a great asset to the class as the instructors takes a song and breaks it down so they can truly learn the moves then apply it during class.

Kathy Lamia, Group Fitness Coordinator, RANDOLPH YMCA

I started as a client a few years back, and right from the beginning, I knew that this was something different. I soon saw results – both in the mirror, and in my feelings about myself as well. I quickly gained confidence and stamina as the inches and pounds fell away. The positive energy in the classes, the fun and current line dances taught, the encouragement and confidence-building from Liz Mooney, all had such a major impact on me that I eventually went through certification and became a Country Fusion instructor myself! Younger or older, male or female, at any level of fitness, Country Fusion will work for anyone, I'm living proof. And best of all – it's SO MUCH FUN!

**Dee Drake,
Instructor, Northern NJ**



ABOUT THE TRAINING

Country Fusion® Star Instructor Certification Course provides you with the background you will need to become a Country Fusion® Star. In this course, you will learn what Country Fusion is and how to dance the Country Fusion® dances. Country Fusion Star Instructors find so many opportunities with their new certification. Each instructor gains the creativity and flexibility to decide on the types of dances of their four “Fusion” songs. Styles such as salsa, cha-cha, swing, merengue, belly dance, etc. can be fused into the workout. This allows participants in the workout the chance to try different instructors, as no two will be alike.

BENEFITS

- Discover the history of Country Fusion®
- Learn about the set-up of a Country Fusion® Class
- Experience LIIT intervals, wild card songs, and how the class is designed to work your whole body
- Become familiar with Country Line Dancing Terms and dance steps
- Dance to classic country songs and learn classic country line dances
- Gain an understanding of the human anatomy and learn modifications to help students perform their best
- Learn how to assess a class and make students feel confident and comfortable
- Earn CECs from canfitpro, ACE, AFAA & NASM

CONTACT



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