

# Body Moves

Dance Gymnastics Karate Cheering

## What is BodyMoves?

**BodyMoves** is a new facility offering body movement instruction in Dance, Gymnastics, Karate and Cheering for adults and children ages 3 years and up.

**BodyMoves** promotes a healthier lifestyle for every body through, enjoyable, safe, easy to maintain, structured, body movement activities.

**BodyMoves** helps you keep your **BodyMoving!**

## Where is BodyMoves?

**BodyMoves** is located in **Olde Forte Village Shopping Center (behind Mega Dollar) at 966 East Swan Creek Road, Fort Washington, Maryland 20744**. Our spacious, facility includes five studios (with state of the art sound systems and sprung professional dance floors), a reception area, a student lounge, a resource room (with fully equipped computer workstations with internet access), administrative offices, a kitchen, bathrooms, and changing rooms.

## Why should I choose BodyMoves?

**BodyMoves** offers body movement activities for every body! Our programs stimulate and motivate our customers to achieve and maintain healthy, active bodies for life!

**BodyMoves** is not only fun and healthy, it's educational too! Our body movement programs offer comprehensive, professional level instruction in Dance, Gymnastics, Karate and Cheering. Our Dance curriculum is extensive, our instructors have trained and performed with renowned companies such as Alvin Ailey American Dance Theatre, Dance Theatre Of Harlem, Philadanco and The Houston Ballet. Our Gymnastics, Martial Arts and Cheering instructors are highly accredited in their areas of expertise, providing national competition level training.

**KidMoves** (our Summer Camp and Before & After School Care Programs) teach kids that fun, structured body movement activities plus good nutrition equal healthier bodies and sharper minds. Weather you're younger or older in shape or out. . .

**BodyMoves** has something to get your **BodyMoving!**

## What programs are offered at BodyMoves?

**BodyMoves** offers many classes and programs designed to encourage and motivate you to keep your **BodyMoving!**

These programs include but are not limited to:

- **DanceMoves** - Comprehensive, structured program of Ballet, Tap and Jazz/Modern for ages 6-17 yrs.
- **Toe, Tap & Tumble** - Combo program offering pre-ballet, pre-tap and pre-tumbling for ages 3-5 yrs.
- **BodyMoves** - Adult Combo Program offering any three adult classes per week for one low price. Adult classes include: Tap, Modern, Belly Dance, African, Liturgical, Strength Training and BodyWorks (cardio).
- **KidMoves Combo** - Program for ages 6-17 yrs., offers any three youth/teen classes per week. Youth/teen classes include: Ballet, Tap, Jazz/Modern, Pointe, Hip-Hop, Cheering Technique, Tumbling Technique and Martial Arts Strength Training.

For More Info:

Call: 301 292-0043 Or Visit: [www.BodyMovesFitness.com](http://www.BodyMovesFitness.com)

