

**Body  
GROOVE  
DANCEfloor**



www.theworldgroovemovement.com



**Be Yourself...Move Your Way...Love Your Body!**

The GROOVE DANCEfloor is a dynamically interactive and creative group dance experience. With great music, I will **UNITE** everyone in a simple movement or rhythm, but you get to dance it your own **UNIQUE** way. While exploring a variety of styles and genres, I encourage you to enjoy and feel good in your body, every step along the way. You'll experience everything from slow delicious meditative grooves, to heart thumping and strength building cardio beats. It's the perfect recipe to nurture your body, mind, heart and soul. **Every BODY can GROOVE**...all fitness levels, all sizes, all ages! No complicated choreography to follow, and no dance experience is required...just let go, and have FUN! #getgrooved  
*CISD Employees get 1st class free, & 20% off all future classes*

**Classes Facilitated By: Tessa Cancienne**

**Email: [bodygroovedance@gmail.com](mailto:bodygroovedance@gmail.com)**

**Facebook / Instagram / Twitter: @groovybody**

**Message me for more information and full class schedule!**