

TAP-N-BURN FITNESS? What is THAT?



Have FUN, get FIT, laugh, sweat and LEARN to tap dance – all in 50 minutes! In ONE Tap-N-Burn Fitness class, you will take an average of 3,200-3,600 steps per class (equivalent to almost 2 miles)! Besides learning basic tap technique, we also stretch, work on flexibility, core and muscle development and coordination. Using all kinds of music, in a friendly, non-competitive and VERY high-energy environment, this class is so much fun, you won't even realize how much exercise you're getting! We're all ages, shapes and sizes and instruct our classes in a non-intimidating environment. With class offerings in West Knoxville (at Revolution Studio) and downtown (at Broadway Academy of Performing Arts), there is a class for YOU...and...your FIRST class is always FREE. Please visit our web site or 'friend' us on Facebook where you can see fun class photos and video samples of class...or you can contact the area's lead instructor Melody Pelfrey for more information: (865) 919-5531.