

FIERCE Dance Academy offering professional dance and fitness in Fairhaven

Have you or your child been considering taking up dance or gymnastics? But when you start shopping around the rates leave you gasping for air – dashing all hopes away? Would you like to be able to experience dance forms like Ballet, Contemporary, Tap, Hip Hop, Jazz and more at a high level, for an affordable rate? Impossible, you say?

What if I told you that there is a dance studio in greater New Bedford that offers almost a dozen forms of dance, gymnastics and Circus Hoop for only \$75 a month? You'd probably be shocked. Well, what if I told you that the price gives you UNLIMITED classes? You'd probably call me a liar – but it's true!



FIERCE caters to the unique style of every child!

FIERCE Dance Academy is a family run dance studio – owned and operated by the Shuman family, including their dancing kids: Ana Raquel & Samuel. They want to share their decades of rewarding experiences in dance with you and your family in a fun, safe, and affordable way. Their passion for movement as

art, fun, health & fitness is certainly contagious as they have had tremendous success in the last three year's time, leading them to expand their facility, with over 3000sf of studio space!

FIERCE Dance Academy offers dance classes for leisure, fun and competition. They will infect you with their energy, dedication, and love for dance. They also encourage children to be themselves, and cater to sassy attitudes! They want to drive home the point that dance is as healthy for the body as it is for the soul, without breaking the bank! A form of expression. A method of personal growth. A way to enrich one's life through the art of dance.

So what forms of dance do they offer? Tap, Lyrical, Hip Hop, Ballet, Pointe, Contemporary, Modern, Ballroom, Jazz, Circus Hoop and Gymnastics/Acro. I think that covers almost everything and everyone!

In addition, they offer parent's classes (including adult beginner tap), a variety of Yoga, Zumba & Cize. The fitness classes are timed so that instead of sitting there while your son or daughter is dancing their hearts out, you burn some calories of your own! No excuses now!

Zumba certified instructor Corymar will push you to your limits and keep your pulse up with the intense popular Zumba – "A fun and aerobic fitness program featuring movements inspired by various styles of Latin American dance." Classes are only \$5.

Cize is Shaun T's newest, intense dance fitness program. Led by Patrick, you'll have so much fun challenging yourself to master the dance choreography during this 1 hour session that you won't even realize you are getting a great cardio workout. CIZE truly is "The end of exercise." Classes are only \$5.

They also offer yoga, which is led by Melissa. "Yoga is a

spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation". Workshops are offered throughout the year.



"Kids" of all ages can dance their hearts out with over 9 forms of dance to choose from!

FIERCE Dance Academy offers a variety of dances so that regardless of your age, there is something you can enjoy. Whether you are 3 or 30, or older you can find a home at this dance studio! If you need one more reason to check them out, **FIERCE Dance Academy is hosting an open house on Sunday, August 21 from 11:00am-2:00pm.** They will be holding open classes and FREE registration during this event which will highlight their expansion and new classes offered. There will be door prizes and a free backpack with registration, while supplies last!

FIERCE is not only the name of the Dance Studio but an acronym that stands for Fun, Innovative, Energetic, Respectful, Competitive, and Expressive. All values that the family exemplifies and feels are important to transfer to all dancers. They do this not only through professional, world-class instruction, but even going as far as encouraging and rewarding the kids for their achievement and good grades in school!

If you are the type of person who wants to go beyond leisure,

fun and health and want to foray into competitive dance, they've got you covered. "Dancers who possess the dedication and competitive drive are encouraged to join the competition team where a strong team spirit is developed", says Kristen Geary, Assistant Director at FIERCE, who has been teaching dance 15+ years.

In three year's time FIERCE Dance Academy and its fine instructors have garnered rave reviews which can be read on their Facebook Page. See for yourself what the hoopla is all about – you don't have to take our word for it. That accounts for something and a tribute to the special something they have going on! Check them out today!



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