

Classes at our studio or on-site at your company

- We will collaborate with you to customize lesson packages that fit the needs of your employees
- Lessons can be scheduled during the lunch hour, in the evenings or on the weekends
- Classes can take place at our studio or at your office
- No partner necessary
- Beginners always welcome

Special Event Services include

- Performances at corporate parties, product launches and special events

## BALLROOM DANCING

IMPROVES YOUR BODY



## BENEFITS OF SALSA DANCING

Anti aging -Dancing is fantastic at keeping us young. Not only does it benefit our hearts and cardiovascular system, it also increases lung capacity.

Social Benefits - You'll meet more people dancing, than any other single activity on the face of the planet!

More confidence and self-esteem

Self Expression

Weight Loss

Flexibility, Coordination and posture

Happiness and Fulfillment



**ExecuDance**  
29 Briarwood Circle  
Needham, MA 02494



# ExecuDance

Corporate Ballroom Dance Program  
A Dance Break for the Professional in Mind



The world of business is demanding and competitive. The successful companies in this tough environment invariably have a commitment to the policy of investing in people.

With this in mind, we have developed an exciting new way to help provide an element to complete your human resource development and training program.

ExecuDance is a healthy and fun wellness program that can provide your company and employees a chance to refresh themselves with a dance break, from their sometimes stressful day, and return to work with a clear and energetic outlook.

This is a chance to introduce a practical and effective way of achieving better results from the people who determine your business success. People are not just the most important asset to a company, they are its ultimate asset.

The ExecuDance program is designed with a few important ideas in mind:

- Camaraderie between employees with a fun activity can build a better working environment. You don't need a partner to enjoy this program, so everyone interested can get involved.
- Breaks up the sometimes stressful workday and allows creative juices to flow reducing employee lethargy.
- Healthy, creative activity that's low in maintenance when employee is limited for time. There is no need for showers or change of clothes.

ExecuDance is a convenient, four week dance course scheduled once a week, for 30-45 minutes on the days and times of your choice. We can offer a selection of various social dances, such as the Swing, Cha Cha, Salsa and the traditional dances of Fox Trot, Waltz and Tango as well as a variety of line dances. The 4 week course is very cost effective: \$25 per person for the 30 minute class or \$30 per person for the 45 minute class. The company could sponsor this activity or the employee may take advantage of this offer themselves.

Find out how you can introduce ExecuDance to your human resource organization and build a positive activity your employees will be talking about months afterwards.

#### **Dance for Health**

Boost Memory, Improve Flexibility, Reduce Stress,  
Diminish Depression, Help Your Heart, Lose Weight,  
Balance Better, Improve Posture, Increase Energy, Make Friends

## Benefits of Ballroom Dancing

Team Building  
Partnerships Skills  
Interpersonal Communication

Our Ballroom or Latin Dance Programs Promote Leadership Skills.

Character Building Educational Programs with concepts such as Respect, Courtesy/Manners, Responsibility, Cooperation, Teamwork, Caring, Perseverance, Self-Discipline, Fairness, Courage & Honesty

To develop a positive self-image with essential life skills and build self-confidence, and cooperation with the opposite gender.

Dancing is the perfect combination of physical activity, social interaction, and mental stimulation. A full body workout for the mind, body & spirit.

Dancing is like taking a mini vacation from the stress of the everyday – you have to be in the moment.

Want to keep your employees happy?

Give them the gift of dance!



## What Can Dancing Do For My Employees?

Dancing is a great way to get your team comfortable with one another. We offer custom corporate team-building experiences for small and large groups. Feel free to discuss your company's team-building needs with us.

We can develop a memorable and unique corporate team-building experience. Whether an elegant Latin dance routine or fun and upbeat swing set, the program helps foster team socializing and a level of trust and teamwork.

Dancing is unique because it has the heart-healthy benefits of aerobic exercise that doubles as a social activity. In fact, the National Lung, Heart and Blood Association has said that dancing can lower the risk of coronary heart disease, lower blood pressure, help manage weight and strengthen the bones of legs and hips. Besides the health benefits, it reduces stress and helps maintain the positive outlook needed in the workplace with increased physical and emotional well-being. If your employees are happy, you will be too.

Give them the gift of dance: both a sport and an art form filled with potential for increased self-esteem, confidence, fitness, fun and communicative skills. As Dancing With The Stars and So You Think You Can Dance continues to excite and inspire viewers, those who never imagined themselves on a dance floor can now learn to swing, salsa, foxtrot, and tango. We are now offering classes in Latin, ballroom, and swing specifically tailored to the busy lives of executives.

## Contact Us

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