



HIGH SCHOOL DANCE AND FITNESS PACKAGES

BODY FIT PROGRAM

by Sambaliscious offers highly trained, Blue Card accredited instructors who have many years of experience in teaching high school students.

With just one phone call or email, we can book ALL your instructors on a term by term basis, giving you the time to focus on more important tasks, and the assurance that your students will be taught by the very best!



CLASS STYLES OFFERED

ZUMBA

Zumba is a dance fitness workout taking the world by storm. Using Latin dance and aerobics steps, each class consists of a warm-up, fun and easy-to-follow cardio fitness routines and Yoga stretching to cool down.

LATIN – SALSA, MERENGUE, BACHATA, CHA CHA, SAMBA

Girls will learn to lead and follow the above popular street styles, and be able to use their skills to create a group choreography, go out social dancing around Brisbane, or dance the night away at their school formal

PILATES – MAT CLASS

Girls will be introduced to the traditional Pilates method, focussing on developing body awareness, correct alignment and core control through basic movement patterns. Pilates is excellent for developing a strong, centred, flexible and balanced body. Mishel and her instructors have been trained by Studio Pilates. (www.studiopilates.com)

YOGA – HATHA/ VINYASA

Girls will learn basic yoga postures and breathing techniques in order to improve their flexibility, muscle tone and circulation, as well as protect their bodies from injury. The benefits of regular yoga classes for high school students include increased concentration, clarity, calmness and self-awareness. Mishel and her instructors have been trained by My Health Yoga (www.myhealthyoga.com), which is registered with the Yoga Teacher's Association of Australia

HIP HOP – OLD SCHOOL, NEW SCHOOL, GIRLY HIP HOP

Girls will learn the fundamentals of urban Hip Hop as well as funky choreographies to the latest RnB music! Great for encouraging team work and building confidence and self esteem!

DANCE BOOT CAMP

An exciting mix of dance choreographies, interval training, Pilates and Yoga!

BELLY DANCE – EGYPTIAN/ TURKISH

Girls will learn basic moves from the two most popular styles of modern-day belly dance, as well as choreographies using traditional Belly dance coin skirts and silk veils!

CLASS STYLES OFFERED

MARTIAL ARTS - KARATE

Learn the fundamentals of the ancient martial art form of Karate with experienced and qualified instructors from Martial Arts Queensland. Learn increased focus, improve flexibility and breathwork and build confidence.

BALLROOM DANCE

Choose from a variety of ballroom dance styles including the Swing, Waltz, Jive and Rumba, as well as Rock n Roll and Latin. Great for partner-based team building activities as well as school performances and presentations.

HULA - HAWAIIAN

Girls will learn the basic hip and arm movements of Hawaiian Hula, as well as a Hula routine wearing traditional grass skirts (hip heis) and flower necklaces (leis).

BOXERCISE

A great way to learn self defence techniques whilst working up a sweat, building strength and endurance and engaging in team work activities!

BOLLYWOOD - BHANGRA

Girls will learn traditional Indian Bhangra dance steps and put them together in a vibrant Bollywood choreography!

"Thank you for providing a great activity for our students! Your Latin classes were the talk of the school, and we are thrilled that you are now organizing our inter-house dance competition with hip hop, contemporary and Latin instructors!"

Jim King, HPE/ Sports Coordinator, Our Lady's College, Annerley

TO BOOK AN INSTRUCTOR

CONTACT MISHEL JEMMA FINLAYSON
INFO@SAMBALISCIOUS.COM.AU
0403 719 771
WWW.SAMBALISCIOUS.COM.AU

TESTIMONIALS

LIZ LYONS, HEAD OF PE, MORETON BAY COLLEGE, WYNNUM

"Mishel is a motivated and passionate professional who engages the girls enthusiastically in her classes. She is also a highly organised dance agent who has provided me with instructors in Latin, Zumba, hip hop and belly dance, all of whom have been very professional and have developed good relationships with the girls."

CHRISTINE BARNES, HEAD OF PE, CLAYFIELD COLLEGE, CLAYFIELD

"Thank you again Mishel for the Zumba sessions you ran last week for the P.E. students and swim team - the feedback has been nothing but positive from the girls!"

STEPHEN DAVIS, HPE AND SPORT CO-ORDINATOR, SAN SISTO COLLEGE, CARINA

"Thank you Mishel! The feedback I had from the staff was very positive. Please pass on our thanks to your instructor. I have already received a letter from a group of students asking for regular morning and afternoon Zumba lessons during the next school term!"