

At Your Beat Announce Free Teen's Dance Fitness and Confidence Event This Sunday

Submitted by: SuperSuper PR

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AT YOUR BEAT ANNOUNCE FREE DAY OF DANCE FITNESS & CONFIDENCE MASTERCLASSES JUST FOR TEENS!

At Your Beat – The UK's number one dance fitness company (recommended by MTV, Evening Standard, Refinery 29, Time Out, Glamour, Elle and more) are super excited to announce a VERY special FREE Open Day – just for Teens!!!

On Sunday 3rd March AYB founder and Nike Master Trainer Joelle D'Fontaine will host a specially curated program of AYB signature classes for those aged 11- 20, aiming to inspire the next generation of adults to reach their full potential.

Not only will you be able to try London's BEST dance fitness classes for free, each session will include talks to help you get ahead, including goal-setting, health and fitness and confidence building.

Making sure you have everything you need to kick start your dance and fitness journey, you will receive a goodie bag loaded with AYBs partner goodies too!

AYB are celebrated as THE most diverse, welcoming and inclusive fitness company. Our teen classes are for ages 11 to 20 and open to ALL levels – if you have never danced before – DON'T FREAK OUT, we got you! AYB believe that ANYONE can dance – you just need to find your BEAT. Not every dance style works for every person because not every person's BEAT is the same, it's what makes you individual!

Our pro instructors are selected for their ability to teach ALL levels and ages whilst serving hype, lol's and signature AYBsauce! We only bring the BEST!!

This is your chance to see why AYB are the class choice for pop-stars, models (curve and catwalk), influencers and hundreds of guys and girls across the UK and U.S, who want a workout that feels more like a party...the kind that gives you FOMO!!!

The day will be broken up into morning and afternoon sessions, session one between 10:30 – 12:30pm and 12.45 and 4.30pm @ Flow Dance, Oval.

You can do one half – or the full session but registration online is a must...

Session 1

10.30 – 10.45 REGISTRATION

10.30 -11:15 STRUTBEAT (Confidence-building and then some! Expect anything from full out cute to sassy routines...!)

11:15 – 12:00 URBANBEAT (Old skool flow, new skool swag and everything in between!)

12:00 – 12:30 Teen Talks with instructors and goodie bag giveaway

Session 2

12.45 – 1pm REGISTRATION

1pm – 2pm VIDEOBEAT (We break down music video style choreography, while you bring your personality. Expect iconic dance moves you've always wanted to learn, great pop songs you know and love combined with feel good routines to make you feel like you are in a music video!)

2pm – 3pm BASHMENTBEAT (Wind your waist, work your core and burn those thighs to authentic dancehall rhythms and anthems)

3pm – 4pm JAZZBEAT (Get full out and funky while improving your dance technique and poise! Learn fundamental jazz steps to help you build a strong dance foundation)

4pm – 4.30pm Teen Talks with Instructors and Goodie Bag Giveaway

On a mission to DIVERSIFY FITNESS, AYB are here to champion you, the REAL you. We are here to help you grow into CONFIDENT YOUNG ADULTS.

Come join our At Your Beat family!

REGISTER NOW at www.atyourbeat.com

EDITOR NOTES:

AYB's founder, Joelle D'Fontaine was a homeless teen as a result of falling through the care system. He is now committed to helping the other young adults have access to health and fitness opportunities and support.

At Your Beat believe that increasing confidence in teens and encouraging them to spend time being active, will help them to make better choices in life and open more opportunities to excel.

AYB champion diversity and LGBT inclusion.

High Res images and video:

<https://www.dropbox.com/s/duymfinw4af6epf/Photo%2024-9-2018%2C%2012%2020%2059%20PM.jpg?dl=0>

<https://youtu.be/cKpqnKQyMto>

OPEN DAY: Sunday 3rd March|Morning session 10:30 – 12:30, Afternoon session 12:45 – 16:30

Registration online essential

Open to 11- 20 year olds ONLY|FREE OF CHARGE

ADDRESS – Flow Dance Studios, SW9 6DE

BOOKING ESSENTIAL VIA : www.atyourbeat.com IG @atyourbeatstudio

ALL MEDIA ENQUIRIES: Carolyn@supersuperpr.com