



FROM ONE DANCER TO ANOTHER
For Immediate Release

Top 10 Reasons to Get Off the Couch and Attend Dance Class *Dance Full Out™, www.dancefullout.com, offers motivational tips for new dancers*

Redondo Beach, CA – February 28, 2011 – Got excuses for not attending or trying a dance class? Dance Full Out™, www.dancefullout.com, the information site for new dancers and dance Moms and Dads, today announced their “Top 10 Benefits of Dance Class.”

“Many new dancers make excuses for missing class or avoiding a new dance style,” says Melanie Rembrandt, Dance Full Out founder. “However, it’s important to attend class whenever possible, especially if you want to improve your technique and be able to win dance jobs in this competitive industry. Dance also offers many benefits for people who just want to have fun.”

With this in mind, here are ...

Dance Full Out’s Top 10 Benefits of Dance Class

By going to class, it is possible to:

1. Learn something new.
2. Burn extra calories.
3. Tone muscles (just in time for swimsuit season).
4. Improve dance technique and strength.
5. Listen to great music.
6. Meet new people and talk to friends.
7. Reduce stress.
8. Boost energy levels.
9. Gain a competitive edge over other dancers who skip class.
10. Have fun and do something many others wish they could do!

This is only a portion of the many benefits of dance. However, it serves as a good reminder when watching television seems like a better option than attending class.

“When you are feeling sore and tired, it can be easy to sit home on the couch and overeat,” states Rembrandt. “Hopefully, this list will help both dancers and non-dancers get to class and try something new. After all, there are so many people who wish they could dance, we should never take the simple joy of dancing for granted.”

For more information about how to prepare for dance class, what clothes and shoes to wear and more, visit www.dancefullout.com.

About Dance Full Out™

A division of Rembrandt Communications®, LLC, Dance Full Out was founded in 2010 to help dancers, and their parents, get the information necessary to pursue a career in dance. Created as a community for dancers, Dance Full Out provides free information and memberships that include access to exclusive interviews with today’s top choreographers, a monthly newsletter, teleseminars, coaching, and more. For additional information, visit www.dancefullout.com or call 1-800-771-0116.

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Contact: Rembrandt Communications, pr@rembrandtwrites.com, 800-PR1-0116