

# DANCEFIT

## WHAT TO WEAR



tdc

### WHY DO WE DRESS THE STYLE?

- ALLOW DANCERS TO FEEL GOOD AND MOVE FREELY
- TO LOOK THE PART AND EMBODY MOVEMENT

### WHAT TO WEAR

- COMFORTABLE TOP  
EG. TANK TOP, OVERSIZED T-SHIRT, FITTED SHIRT
- COMFORTABLE BOTTOMS  
EG. BIKE SHORTS, LEGGINGS, TRACK PANTS
- SNEAKERS  
\*SOME CLASSES MAY BE IN BARE FEET
- BRING A SWEAT TOWEL



### WHAT NOT TO WEAR

- JEANS AND DENIM

### NO JEWELLERY

REMOVE ALL JEWELLERY INCLUDING STUDS, SLEEPERS, WATCHES, FITBITS AND FRIENDSHIP BRACELETS

### HAIR

HAIR TIED BACK AND FRINGES SECURED FROM FACE WITH A HEADBAND OR BOBBY PINS

**WHEN YOU DRESS LIKE A DANCER  
YOU FEEL AND PERFORM LIKE A DANCER**