

DANCEFIT

WHAT TO WEAR



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**