

# JAZZ



Often associated with musicals such as Chicago, Fame. Modern Jazz is also used by pop stars such as Madonna & Britney Spears. Jazz dance represents our popular culture and it is forever changing. Jazz dance is always adapting to the influence of the pop culture. It is wonderful for developing fitness levels, strength, freedom of movement & flexibility. It is a great workout for all ages and levels of ability.



## **What to Wear:**

*Footwear* - Jazz shoes, jazz sneakers or cotton socks

*Clothing* - non-restrictive clothing, something you would wear to the gym eg. Track pants, shorts and tights, Lycra leggings, singlet, T-shirt or sports top

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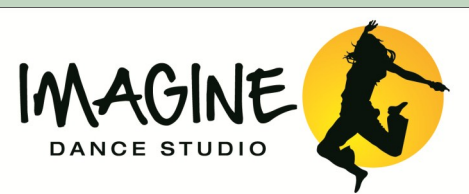
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