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# **SALSA SUDOR Y RITMO**

## **NEW BRITAIN-BERLIN YMCA**

The New Britain YMCA is offering Salsa and Bachata lessons for anyone ages 18 and over! Sign up on your own or sign up as a couple! Dance is great to work on flexibility, posture and coordination. It is also a fun and exciting way to keep in shape!

### **Salsa/Bachata**

#### **Monday evenings**

- Aerobics studio
- Beginner 7pm-8pm
- Intermediate 8pm-9pm
- September 20th - October 25th

Individual Member \$35

Individual Non-Member \$45

Member Couple \$70

Non-Member Couple \$80

### **New Britain-Berlin YMCA**

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My name is Edward Trueheart and I've been a YMCA member for nearly thirteen years. About 10 years ago I took my first salsa dance lesson. I've been dancing ever since.

The technical and timing components of dancing became challenging to me. Throughout the years I have had the pleasure of being professionally trained by various instructors from CT to NY. I'm currently working on my fifth style called "kizomba".

About four years ago I decided to share my passion and dancing experiences with others. I began teaching basic concepts of salsa on 1, salsa on 2, infused bachata (modern + Dominican) merengue/cha-cha styles. Bachata, a dance originating in the Dominican Republic, is one of the hottest dances around and has become increasingly popular worldwide.

