Building their self-esteem and sexual achievements, develop their unique talent and ability while building their self-esteem and confidence.

Ms Bataglia said those interested in participating in the program were invited to a free open day early next month.

“Our open day will be held on Saturday, February 1 from 10am-11am where parents and students can come along, meet us and try our cheer and dance classes for free,” she said.

“We are offering classes at Centralian Middle School with our first cheerleading classes beginning on Tuesday, February 4, with dance classes commencing on Wednesday, February 5.

“The program is designed to challenge and extend the talents and skills of our young performers, with classes having no form fee, being pay-as-you- go with a cost of $10 per class.”

Parents and students can book in for the open day via fitnessanddance.com.au or by phoning 0400 756 515.

COMMUNITY REPORTER
Sarah Rohweder
WE’VE got the bars, we’ve got the races, we’ve got the artworks, but have we got the gossip? The latest exercise craze, Fit-And-Dance (FAD) is set to hit the Red Centre next month, with Alice Springs being the first town in the Northern Territory to experience the popular program.

Studio director Courtney Bataglia said she recognised there was a gap in the industry in Alice Springs and was excited about the introduction.

“FAD has been operating cheer and dance classes for students from three years of age for over 30 years, and are looking to bring this program to the Northern Territory, hoping there is a gap in knowledge, skills and values with the community to help them ‘Feel the Excitement of Cheer and Dance’.

“We believe in rewarding every student for their individual achievements, develop their unique talent and ability while building their self-esteem and confidence through training in technique, stage presentation and choreography.”

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