

DANZANT

LIVING DANCE APPLIED TO FITNESS SUCCESSFULLY

By: *Victoria Elizabeth Gamarra Chávez - Lima, Peru - July, 2023*





Resumé



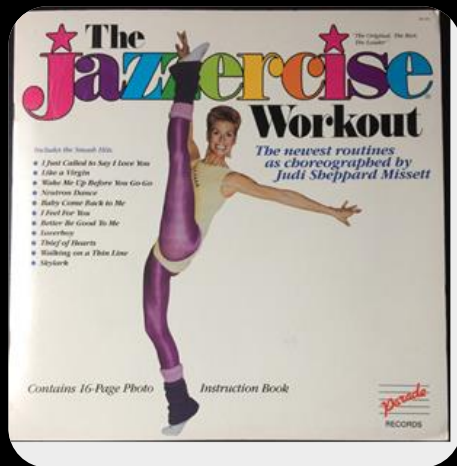
Dance teacher and choreographer with 25 years of teaching experience as a professor at universities, institutes and instructor at gyms and some organizations related to dance and arts.

PhD in University Education, Master Degree in University Education Teaching and Research at San Martin de Porres University, a degree in Communication Sciences, Diploma in Dance Pedagogy at Pontificia Universidad Católica del Perú and a Foreign Language Professor at USMP University. Diploma in Dance Teaching at Malvina Acosta Studio in Argentina and Certification at Center for Higher Studies in Performing Arts in Mexico

Creator and Director of DANZANT and MOVIMIENTO RITMO FITNESS DANCE PROGRAM. Full-time teacher, national and international speaker, Master Trainer, Fitness Dance Instructor and a Choreography Dance Teacher in different workshops and master classes in Peru and around the world.



What happened into the past?



In the World

1982 Judi Shepard, Jazzercise. (Dance, Pilates, Yoga, Kickboxing y Strength training)

2018 Jazzercise, Mexico versión.



In Peru

Dance and choreography workshops in a variety of gyms, private classes, private groups of amateur dancers.



SOME QUESTIONS TO PONDER

❑ DO PEOPLE REALLY ENJOY DANCE TRAINING?

❑ ARE THERE ANY DIFFERENCES BETWEEN A PERSON WHO KNOWS DANCE TECHNIQUES AND ANOTHER WHO DOES NOT?

❑ ARE FITNESS DANCE AND DANCE RELATED TO ART TOTALLY OPPOSITE AREAS?

❑ WHY DO MOST PEOPLE HURT THEMSELVES AFTER CLASSES ?

DANZANT

- Fitness dance requires basic knowledge of dance in order to achieve better execution and quality of movements, providing fitness dance classes with clear, clean steps without losing the goal of the work.
- The purpose of fitness dance is to develop cardiovascular benefit. Most fitness people and dance instructors in our country, in Peru, are not trained in dance, therefore they themselves experience loss of posture, misalignment, muscle contractures, loss of flexibility, body stress and so on, which is detrimental to the quality of movement.

#danzantstudio&program

Danzant
VIVE LA DANZA APLICADA AL FITNESS

¡Vive la Danza Aplicada al Fitness!

- ✓ Entrena tu cuerpo
- ✓ Mejora tu postura
- ✓ Trabaja tu flexibilidad
- ✓ Desafíate con retos coreográficos
- ✓ Interpreta temas musicales de todos los tiempos

DANZANT Studio

Horario de Clases:

- LUNES, MIÉRCOLES Y VIERNES 7:00 AM (Virtual)
- MARTES, JUEVES y SÁBADO 11:00AM (Presencial)
- LUNES, MIÉRCOLES Y VIERNES 4:00 PM (Presencial)
- LUNES, MIÉRCOLES Y VIERNES 8:00 PM (Virtual)

DANZANT Program

CLASES ESPECIALES (Virtuales)

Todos los **SÁBADOS** a las 12:00m

Clases Presenciales:
Aforo 3 personas x turno

Informes e Inscripciones al 982 722 083

Why DANZANT ?

- The need arises to re-educate and/or train the instructor in dance technique so that their performance is better and why not the frequent student, who, due to continuous training without technique, ends up suffering the same ailments as their instructors.



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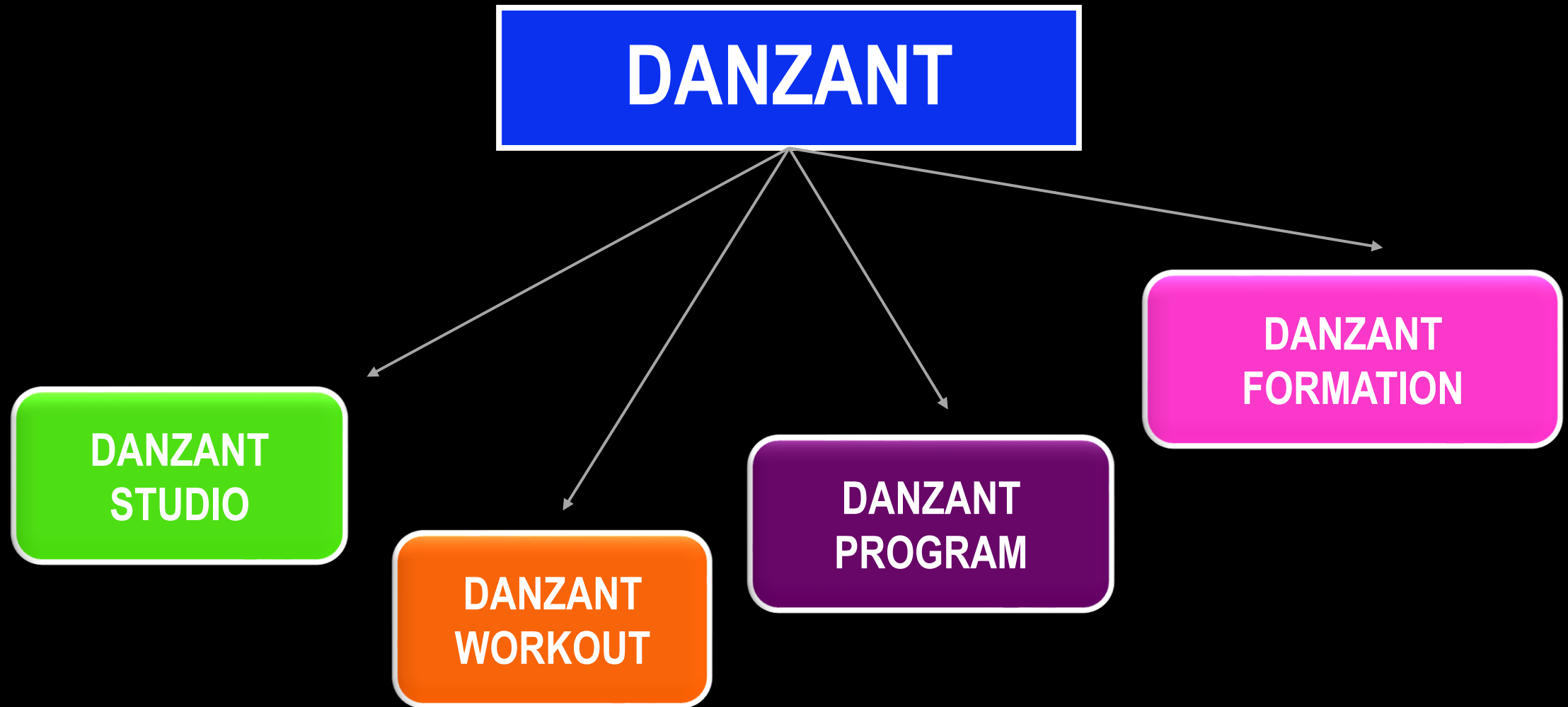
GENERAL OBJECTIVE

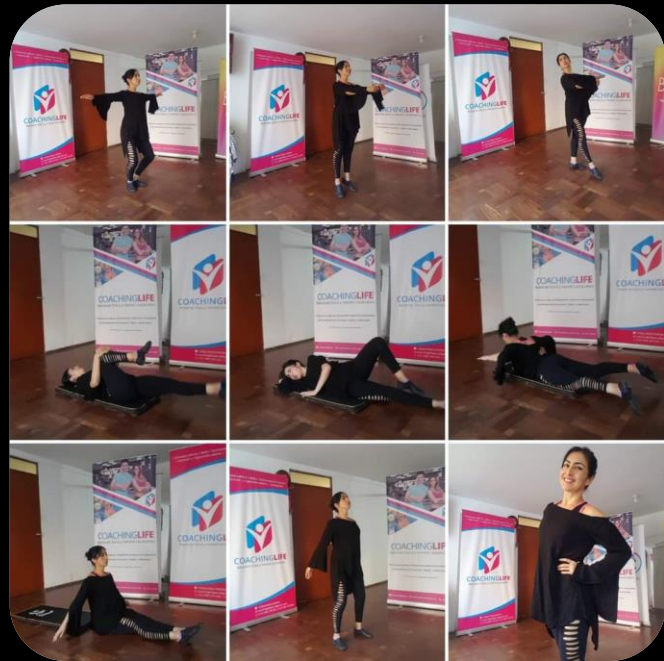
Apply basic dance principles to fitness dance.

SPECIFIC OBJECTIVES

- **Improve** the quality of movements when executing a choreography.
- **Train** dance fitness teachers with the basic principles of dance.
- **Provide** a new discipline to the market joining Fitness & Art: Danzant.
- **Promote** the use of technique in fitness dance.

LIVING DANCE APPLIED TO FITNESS SUCCESSFULLY





DANZANT

In order to create a work of art would it be necessary to communicate an emotion through dance? Or could you simply execute certain techniques to create the art of dance?



DANZANT STUDIO

DANZANT STUDIO takes place three times a week and each class lasts 1 hour and a half.

Class structure:

1. Warm-up (15 minutes)
 - a. Breathing
 - b. Standing and floor stretching with music
2. Localized exercises and core training (15 minutes)
3. Technique exercises and dance movements (20 minutes)
4. Choreographic proposal of a block and practice (30 minutes)
5. Cool down (10 minutes)



DANZANT WORKOUT

DANZANT WORKOUT takes place three times a week and each class lasts 1 hour and a half.

Class structure:

1. Breathing exercises (5 minutes)
2. Standing and floor stretching (10 minutes)
3. Localized exercises and core training (15 minutes)
4. Dance technique exercises (35 minutes)
5. Displacement exercises (15 minutes)
6. Cool down (10 minutes)



DANZANT PROGRAM

This class lasts 55 minutes and is carried out as a Special Class.
Class structure:

1. Warm-up (10 minutes)
2. Technique and displacement exercises (10 minutes)
3. Choreographic proposal for a musical theme (30 minutes)
4. Cool down (5 minutes)



BACHATA
KAY ONE & CRISTOBAL

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CLASE ESPECIAL
Danzant Program

03 SÁBADO DE JULIO
HORA: 9:00AM

#danzantstudio&program

Vicky Gamarra



ANACAONA
DE MI ENAMORATE

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CLASE ESPECIAL
Danzant Program

SÁBADO 05 DE JUNIO
HORA: 10:00AM

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Vicky Gamarra



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VIVE LA DANZA APLICADA AL FITNESS

PLATAFORMA IGENO

MARCANDO LA DIFERENCIA Y UNIENDO LA DANZA CON EL FITNESS!!

21 LUNES de Junio
HORA: 11:00AM
MÉXICO

Vicky Gamarra



I Will Follow Him

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VIVE LA DANZA APLICADA AL FITNESS

CLASE ESPECIAL
Danzant Program

DOMINGO 15 DE AGOSTO | HORA: 9:00AM

#danzantstudio&program

Vicky Gamarra

DANZANT FORMATION

It lasts 7 months.
From March to December.

Module 1 Fundamentals of Ballet 1

Ballet Applied to Fitness 1 / Choreography Workshop 1

Module 2 Fundamentals of Ballet 2

Ballet Applied to Fitness 2 / Choreography Workshop 2

Module 3 Fundamentals of Contemporary Dance 1

Contemporary Applied to Fitness 1 / Choreography Workshop 3

Module 4 Fundamentals of Contemporary Dance 2

Contemporary Applied to Fitness 2 / Choreography Workshop 4

Module 5 Fundamentals of Jazz 1

Jazz Applied to Fitness 1 / Choreography Workshop 5

Module 6 Fundamentals of Jazz 2

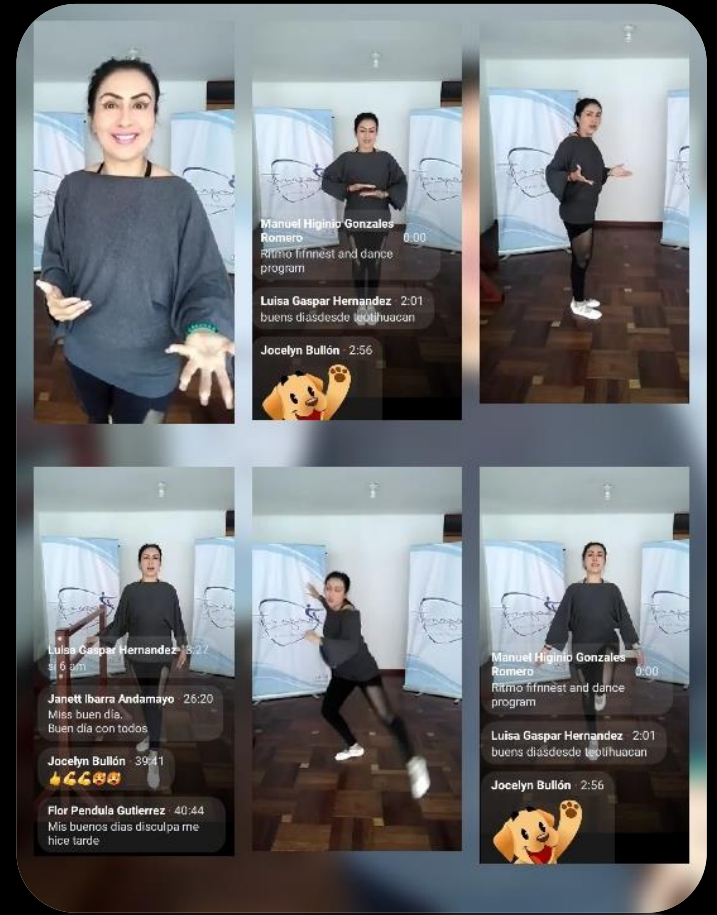
Jazz Applied to Fitness 2 / Choreography Workshop 6

Module 7 DANZANT

Choreography Workshop 7 / Dance Teaching Methodology



DANZANT FORMATION



Why is DANZANT important ?

JUSTIFICATION OR RELEVANCE

- RECOGNITION
- INNOVATION
- VISIBILITY
- WELLNESS



Each module DANZANT certified nationally and internationally



LIVE DANCE APPLIED TO FITNESS!!!



Contact us: +51982722083

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PROGRAMA OFICIAL DEL FITNESS PERUANO

VICKY GAMARRA
Miembro del Consejo Internacional de la Danza CID-UNESCO

AVALADO POR:

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