



## STEP-ENDOUS FLUIDITY – Daniel Smidt

*Time to re-invigorate and reinvent your Step moves classes!*

*Join Dan in this high energy masterclass designed to kick start the old grey matter with exciting choreography to use in your next freestyle Step class. Utilising multiple layering as well as simplistic learning curves, these moves can be structured to suit all levels of participant coordination, from beginner to intermediate.*

*Timing, as well as directional changes can either be incorporated or not, depending on what level of class the instructor wishes to teach.*

*Free flowing blocks all complimenting each other along with the latest up-tempo dance tracks, create a fun fitness environment stimulating both mind and body.*

Dan Smidt is a popular, enthusiastic and well regarded freestyle instructor with over 20 years in the industry, teaching at most of Melbourne's premier Health clubs as both a Weights based Personal Trainer, to Group Exercise instructor.

Specialising in Freestyle Step, Dan's classes are renowned for being well choreographed, structured and with an emphasis on layering, learning curves and the ability to cater to various levels of participant coordination as well as varying levels of fitness.



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