

FITNESS THROUGH WORLD-CLASS BALLROOM LATIN DANCE MOVEMENTS

At-Home Core Strengthening Delivers Figure-Slimming Results

The mass appeal of such television shows as “Dancing with the Stars” and “So You Think You Can Dance” has created a new appreciation for ballroom dance. Tapping into the dance phenomenon, Core Rhythms® by DV Creations unveils the secret of Latin ballroom dance movements and transforms it into an innovative dance/exercise video program that delivers amazing results for people at home in just a short amount of time.

Based upon three core muscle movements that tap into the joy of dance and the benefits of cardio exercise, Core Rhythms combines targeted body slimming moves from Latin ballroom routines that will quickly shrink and sculpt the upper and lower body just like with professional dancers. With these three primary movements that work specific muscle groups, the effectiveness of doing the Samba, Merengue and the Paso Doble makes tightening the abs and arms plus losing inches on the waist and hips enjoyable and exciting. Every dance move has a crunch/cardio workout, without having to do painful floor crunches or boring aerobics, and can be done without a partner and in the privacy of your home.

Created by internationally-acclaimed dance champions, Julia Powers and Jaana Kunitz, Core Rhythms can help anyone dance their way into shape and have fun doing it. According to James Kunitz, president of DV Creations, “I am excited about how we can change the way women look and feel, based on the Latin dance and exercise taught by these world-class dance champions and exercise experts. It’s thrilling to see the extraordinary change Core Rhythms can produce. No wonder so many celebrities are appearing on those popular shows.”

The DVDs are sold on line and at Target stores, Kohl’s, Bed Bath & Beyond and Mervyn’s (???) as well as on QVC nationwide. For more information, please visit www.corerhythms.com.