

Colorado Springs Apartment Living

[overview](#)[photos](#)[map](#)[blog](#)

Blogs

[<< back](#)

Springs Salsa and Dance Fitness - Adding a sultry swagger to your step

Posted by [Nina-Noelle Hall](#) on 6/23/2008 9:40:55 AM in [Old Colorado City](#), [fitness & recreation](#), [art](#), [culture](#)

Old Colorado City is renowned as the quaint and charming district of Colorado Springs. Sure, the area is cute, even proper. But it turns out the very heart of Old Town is one sexy momma thanks to a dance and fitness center, Springs Salsa & Dance Fitness.

Springs Salsa & Dance Fitness isn't your average gym or dance studio. Instead, this studio is a fusion --a spicy, hot, sultry, energetic fusion. The studio offers aerobic dance classes for adults (defined here as 14 yrs. and up). While some classes focus on the technical, such as the partner salsa workshops, many of the classes are a furious blend of style and fitness. Try, for example, Yoga Booty Ballet Funk. Just as the name suggests, the class highlights yoga sequences with ballet grace and funky grooves that get your booty shakin'. In fact, one can shake off 600 calories in a session! But how would a person ever guess s/he was burning that many calories while having so much fun?!

And that is the point, says teacher and co-founder, Dorrie Wexler. Springs Salsa & Dance Fitness prides itself on being fun and inviting —it just so happens that health and fitness are a part of the total package here. Wexler jokes, "It's the best place in the Springs to get your Latina injection!"

Yet, many here at the dance center will attest that the classes are more than calorie-burning grooves. Students say the classes also boost confidence, foster happiness and create community. If you've just moved to the area, this is a great place to meet people. So, no matter what you're getting from Springs Salsa, it seems you'll be walking out of there with a sultry swagger to your step.

Springs Salsa and Dance Fitness offers salsa, Yoga Booty Ballet, Zumba, Masala Bhangra, hip hop & break dancing, yoga, belly dancing, burlesque,

[Search Now](#)

blog with hubbuzz

We want the scoop and the hot poop in your hood. Post blogs and events here.

[Start Your Blog](#)

Already a blogger?

[login now >](#)

Ads by Google

- [Salsa Lesson](#)
- [Dance Schools](#)
- [Salsa Dances](#)
- [Dance Lessons](#)
- [Salsa Class](#)

[Get our RSS Feed](#)

post by hood

[Briargate](#)[Downtown Colorado Springs](#)[East Colorado Springs](#)[Fountain Valley](#)[Gleneagle](#)[Manitou Springs](#)[North Colorado Springs](#)[Northgate](#)

Combat Cardio Jam and even pole dancing classes.

Springs Salsa & Dance Fitness

[where: 2506 W. Colorado Ave., unit C, Colorado Springs, CO 80904]
719. 520. 1201

More by [Nina-Noelle Hall](#)

Comments (0)

Have your say! Post a comment.

[Login now](#)

Don't have an account yet? [Create one now.](#)

Have even more to say?

[Start Your Blog](#)

[Northwest Colorado](#)

[Springs](#)

[Old Colorado City](#)

[Powers](#)

[Pueblo](#)

[Southeast Colorado](#)

[Springs](#)

[Southwest Colorado](#)

[Springs](#)

[Tri-Lakes](#)

[West Colorado Springs](#)

post by category

[architecture](#)

[art](#)

[block party](#)

[charity](#)

[culture](#)

[dining out](#)

[discussion](#)

[dive bars](#)

[entertainment](#)

[family](#)

[fashion](#)

[festival](#)

[film](#)

[fitness & recreation](#)

[food & wine](#)

[green living](#)

[health & beauty](#)

[hoodwinks](#)

[Hubbuzz News](#)

[literary](#)

[main street](#)

[music](#)

[neighborhood close-ups](#)

[nightlife](#)

[out and about](#)

[peculiar](#)

[performance](#)

[politics](#)

[religion](#)

[shopping](#)

[sports](#)

[the outdoors](#)

[theatre](#)

[travel](#)

[What Our Lawyers Say](#) | [!\[\]\(cbe2492b119e39e02a1dab2af4a4b296_img.jpg\) Equal Housing Opportunity](#) | [Site Map](#)

Cities. Neighborhoods. Apartments. Life. © 2007 Collective Intuition