



SOSA Dance Fitness - The Authentic International dance class that keeps you fit!

SOSA Dance Fitness are kindly giving away one FREE training place on one of their upcoming training courses for #GlosGirlsCan, so if you are a dance or fitness instructor in the Gloucestershire area and would like to add a fabulous new authentic dance programme to your timetable then please enter our competition by email to Sunny Ricketts at sunnyricketts@activegloucestershire.org. ALL applicants will be offered an exclusive discounted price of ONLY £99 (usually £179) by using coupon code 'glosgirlscan' at the checkout on our website at <http://www.sosafitness.co.uk/instructor-training/>.

SOSA Dance Fitness is completely unique...bringing Salsa, Latin, Ballroom, and other international dance styles together to create one fantastic fusion of dance. Easy to follow, fun-packed routines, all set to a fabulous soundtrack to get you singing, shimmying and shaking your maracas!

Specifically choreographed to be low impact, providing a safe and effective workout suitable for all shapes, sizes, ages and abilities. We are proud to be empowering and inspiring the nation to get up dancing, feel confident and achieve their fitness goals without fear of judgement

Learn beautiful dance styles and authentic dance steps without the need for a partner and DANCE YOURSELF HAPPY!

What's included in the price of the Instructor Training Course?

- Your SOSA Dance Fitness® Instructor Training & Assessment Course, including a one-day intensive Instructor Training Day
- A 12-month licence to use our SOSA Dance Fitness® brand elements and media tools
- A personal page on our website
- A personal e-mail account
- Your first SOSA Pure Energy music playlist – 25 tracks downloadable tracks for our most popular routines
- Full access to our SOSA Dance Fitness® Instructors Academy portal
- Monthly on-line video releases (4 new choreographed routines every month)
- Full access to our back catalogue of Instructional videos of over 100 routines in 20 different dance styles
- Free access to online Masterclass workshops for continued professional development
- UNRIVALLED AFTER-CARE SUPPORT
- Footwork Master Manual
- Starter Marketing Pack
- Clothing, merchandise and promotional materials at 15% discount
- VIP Invitation to our national events

This price also includes FREE access to our brand-new SOSA Dance Fitness Under-16s programme (subject to you meeting our pre-requisites of DBS Disclosure and Safeguarding) which means that if you teach adults and children, you get two programmes and therefore two revenue streams for the price of one!

SOSA Dance Fitness® has Active IQ Professional Recognition status and can award 4 REPs CPD points for their instructor training course. We hold the Council for Dance Education and Training Recognised School Award for our quality training. We are also a Corporate member of Dance UK, working to improve the conditions in which dance is created, performed and experienced. We proudly sponsor Sport England's This Girl Can campaign.

Please check out a recent video clip of a SOSA in action on YouTube at <https://www.youtube.com/watch?v=Qb1spnenTpo>