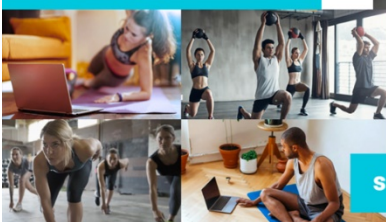


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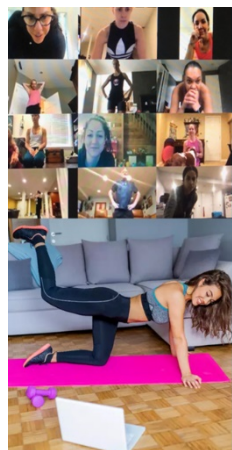
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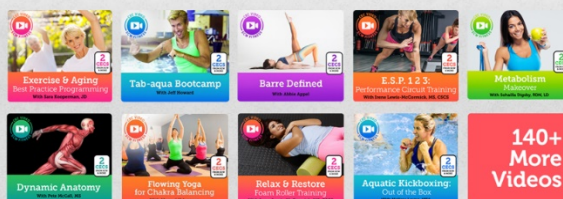
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Country Fusion® is approved for Continuing Education Credits through [SCW](#), [AFAA](#), and [NASM](#).



Get in Touch and Start Dancing Today!

THESE BOOTS WERE MADE FOR DANCIN'



Country Fusion® is a new fitness workout that incorporates country music and dance. This workout can burn up to 500 calories in its 50min class! Country Fusion® is designed for all levels, ages, and for male and females. The fitness aspect increases your heart rate which then speeds up your metabolism and you burn calories. The dance aspect you are learning how to dance, flexibility, and correct posture alignment. The dance consists of country, latin, hip hop, jazz, and swing. This is a total body workout that you will be addicted to. Learning how to dance, getting an amazing workout all while having fun!

Country Fusion® is created and founded by Elizabeth Mooney. Elizabeth has been a dancer since the age of 2 and has taught fitness for 10 years now. She has produced and directed her own Off Broadway show and has owned her own dance studio in NY. She recently moved to NJ where she now resides and has started Country Fusion®. Her certifications include AFAA Personal Trainer, Zumba, Pole Dance, Pound, Zumbatonic, Barre Assets, and training in BOSU, Bootcamp, HIIT, and Cardio Tai Box. Also CPR/AED certified and founder of Burlesque Booty Camp as well as Country Fusion®.

Contact 516-244-4668 Elizabeth@countryfusion.net